

2017 SSL Championships

Day 1: Saturday, July 29, 2017

Day 2: Sunday, July 30, 2017

Mentor Civic Center Pool – 8500 Munson Rd. Mentor

ARRIVE AT 7:15am CHECK-IN by 7:30am

WARM-UP time 8:00am – 8:20am Lanes 4 – 8

(Same times for BOTH days)

Time Line

- 7am – 8:40am league warm ups
- 7:15am – Arrive at Mentor Civic Center Pool
- 7:30am – Check in with Coach Jack
- 7:40am – Team Meeting for Swimmers ONLY in the team camp area.
- 8am – 8:20am Willowick warm ups
- 8:20am – Officials and Coaches meeting
- 8:30am – Timer's meeting at the front entrance of the pool
- 8:50am – Welcome, National Anthem
- 9am – Day 1/Day 2 of the 2017 SSL Championships begin
- (Day 2 only) – Event 55 – Graduates report to the slide for Graduation

Parking (See Parking & Drop off Flow Map)

- Parking is available at Mentor High School, Laketran Park-n-Ride (8650 Market St, Mentor, OH 44060) and the Civic Center
- There will be NO parking at the Police or Fire Stations
- There will be a LIMITED number of handicapped parking spaces in the pool parking lot.
- We will have a limited number of preferred parking passes for sale:
 - The preferred parking pass will allow you to park in the pool parking lot.
 - The spots will be held until 1:00pm
 - Parking passes for Saturday will be \$20
 - Parking passes for Sunday will be \$25
 - Parking pass sales will take place at the pasta party.
 - Please let Kelly Wallace know if you are interested in purchasing a parking pass. If there is a great deal of interest we may pull names to determine who is eligible to purchase one. Otherwise it will be first come, first serve.

Team Areas

- Each team has an assigned area and maps will be provided.
- For the comfort of all, teams are asked to stay within their assigned area
- Please keep your respective areas clean. Trash receptacles have been placed throughout the pool for your convenience, which will be periodically emptied.

- Tents may be set up the night before from 7:30 - 9:00 PM. Hosting teams and city of Mentor are not responsible for any damage to tents.
- Rest rooms will be available in the pool, outside the pool and the ice arena.

On-Call Boards

- On-Call Boards are used to notify swimmers that they need to report to the Clerk of Course for their events.
- Swimmers are responsible for checking the boards and reporting to the Clerk of Course on time.
- Announcements will be made throughout in conjunction with any updates to the on-call board

Clerk of Course

- The Clerk of Course (COC) will be located on the tennis courts next to the pool.
- Only swimmers and COC volunteers will be allowed inside the tent.
- COC runners will lead the swimmers from the COC tent to the on-deck / blocks area.
- No one other than swimmers, timers, and officials are permitted behind the blocks or in the COC tent.
- Swimmers are asked to be respectful of their fellow competitors as well as volunteer parents while in COC.

Heat Sheets

- Heat sheets will be sold in three locations (see map) until 10 and then in the hospitality tent.
- Heat sheets can be purchased starting at 7AM.
- Heat sheets will cost \$5.
- Highlighters and Sharpies will be for sale for \$1 each.

Volunteer Check-in

- ALL Volunteers are asked to check in at the Volunteer Check-In in the Hospitality Tent **before 8:00 am** to receive their names tags.
- All Volunteers are asked to arrive at their assigned areas 10-15 minutes prior to the start of their shift.

50/50 Raffle

- There will be volunteers walking around selling 50/50 tickets. ***There will be one drawing.*** The drawing will be held just before the beginning of relays each day. We will only call one winner each day. Tickets will be 1 for \$1 or 6 for \$5.

Awards

- Awards will be picked up by our representatives only and placed in the mailboxes for the swimmers/parents to pick up throughout the day. The Mailboxes will be located near where the line-ups are posted. This will be in our camp site area.

Concessions

- Concessions will be available starting at 7am.

Vendors

- There will be a Swim Shop, T-shirt Vendor and Photographer.

Miscellaneous

- **SWIMMERS MUST STAY OFF OF ALL PLAYGROUND EQUIPMENT**
- Please follow the marked areas to the spectator bleachers.
- Swimmers and spectators are prohibited from playing inside the unused pool areas.
- No tents on the concrete, these areas need to remain open.
- Please do not interfere with the coaches or enter the coach's area. Swimmers may consult with their coaches immediately following their races only.
- First aid is located at the lifeguard station.
- There will be no charcoal grilling inside the pool area. Portable propane grills are allowed.
- Swimmers should be making sure they get adequate rest and staying **HYDRATED** between events

W is for Willowick (Spirit)

The theme for championships is spirit! Let's make sure the other teams in our league see (and **HEAR**) our spirit! You are strongly encouraged to be decked out! Some suggestions:

- Red and black clothing
- Red/black socks, head bands and wrist bands
- Red and black Mardi Gras beads
- Posters, signs & banners to hold or hang from your tent
- Red/black tutus
- Pom-poms
- Foam fingers - #1
- **NO face paint, NO hair dye**

Team Camp Sites



Drop Off & Parking Map



Route 2 interchange
615/Center St

General Parking at Mentor High School
6477 Center St.
Enter at the Fine Arts Center driveway.

Pre-paid, handicapped, and coaches
turn at Market St. and follow the signs to
the Ice Arena at 8600 Munson Rd.

Drop-off area
turn at Market St. and follow the signs.
Delays are expected, please plan ahead.

Code Of Conduct (From the SSL)

It is the expectation of the Suburban Swim League (SSL) that each team will have and enforce a Swimmer and Parent Code of Conduct. However, in all Dual and Championship meets, the following policy is in full force.

The purpose of the SSL is to provide boys and girls an opportunity to participate in competitive swimming, enabling them to improve their skills and abilities, and install in them good sportsmanship and team loyalty. It is essential to give all the swimmers an opportunity to compete, keeping in mind that winning is not the most important thing, but that team interaction and self-improvement are desirable goals in growing towards adulthood and interaction in life.

In order to provide a safe, fun environment for all swimmers, the SSL has zero tolerance for poor sportsmanship-like behavior. If the behavior is disrespectful to ANYONE, or inhibits any meet from running smoothly, this person will be removed from the meet immediately, whether that person is a swimmer, parent, coach, or volunteer. The following behavior is unacceptable at any time:

- A. Physical contact with someone else in an aggressive manner (fighting)
- B. Foul or offensive language
- C. Any other inappropriate or disrespectful behavior, as deemed by the Head Official

If warranted, additional penalties beyond removal from the meet may be imposed.

In addition to the above Code of Conduct, we would like to remind our swimmers and parents about Wildkat Class!

For swimmers, this means:

We win with grace and lose with dignity; we stay in the water until everyone is done; we congratulate the swimmers in the lanes next to us; we cheer on our teammates; we stay behind the blocks until our entire relay is finished; and we are respectful to all of the officials, opponents and coaches.

For parents, this means:

We win with grace and lose with dignity; we are respectful to the parents from other teams in the bleachers next to us; we celebrate the successes of the whole team; we remind our swimmers that this is FUN; we are respectful of the coaches and their decisions regarding our swimmers; and we are respectful to all of the officials, opponents and coaches.

Order of Events

Saturday Events

1. 11-12 Girls 200 Freestyle
2. 11-12 Boys 200 Freestyle
3. 13-15 Girls 200 Freestyle
4. 13-15 Boys 200 Freestyle
5. 9-10 Girls 50 Freestyle
6. 9-10 Boys 50 Freestyle
7. 11-12 Girls 50 Freestyle
8. 11-12 Boys 50 Freestyle
9. 13-15 Girls 50 Freestyle
10. 13-15 Boys 50 Freestyle
11. 9-10 Girls 50 Backstroke
12. 9-10 Boys 50 Backstroke
13. 11-12 Girls 50 Backstroke
14. 11-12 Boys 50 Backstroke
15. 13-15 Girls 100 Backstroke
16. 13-15 Boys 100 Backstroke
17. 9-10 Girls 50 Breaststroke
18. 9-10 Boys 50 Breaststroke
19. 11-12 Girls 50 Breaststroke
20. 11-12 Boys 50 Breaststroke
21. 13-15 Girls 100 Breaststroke
22. 13-15 Boys 100 Breaststroke
23. 9-10 Girls 200 Medley Relay
24. 9-10 Boys 200 Medley Relay
25. 11-12 Girls 200 Medley Relay
26. 11-12 Boys 200 Medley Relay
27. 13-15 Girls 200 Medley Relay
28. 13-15 Boys 200 Medley Relay

Sunday Events

29. 9-10 Girls 100 Freestyle
30. 8 & U Girls 100 Medley Relay
31. 8 & U Boys 100 Medley Relay
32. 9-10 Boys 100 Freestyle
33. 8 & U Girls 25 Backstroke
34. 8 & U Boys 25 Backstroke
35. 11-12 Girls 100 Freestyle
36. 11-12 Boys 100 Freestyle
37. 8 & U Girls 50 Freestyle
38. 8 & U Boys 50 Freestyle
39. 13-15 Girls 100 Freestyle
40. 13-15 Boys 100 Freestyle
41. 9-10 Girls 50 Butterfly
42. 9-10 Boys 50 Butterfly
43. 8 & U Girls 25 Butterfly
44. 8 & U Boys 25 Butterfly
45. 11-12 Girls 50 Butterfly
46. 11-12 Boys 50 Butterfly
47. 13-15 Girls 100 Butterfly
48. 13-15 Boys 100 Butterfly
49. 8 & U Girls 25 Freestyle
50. 8 & U Boys 25 Freestyle
51. 9-10 Girls 100 Individual Medley
52. 9-10 Boys 100 Individual Medley
53. 11-12 Girls 100 Individual Medley
54. 11-12 Boys 100 Individual Medley
55. 8 & U Girls 25 Breaststroke
56. 8 & U Boys 25 Breaststroke
57. 13-15 Girls 200 Individual Medley
58. 13-15 Boys 200 Individual Medley
- GRADUATION
59. 8 & U Girls 100 Freestyle Relay
60. 8 & U Boys 100 Freestyle Relay
61. 9-10 Girls 200 Freestyle Relay
62. 9-10 Boys 200 Freestyle Relay
63. 11-12 Girls 200 Freestyle Relay
64. 11-12 Boys 200 Freestyle Relay
65. 13-15 Girls 200 Freestyle Relay
66. 13-15 Boys 200 Freestyle Relay