



Aquaknights Swim Team Information for Visiting Teams - 2015

Meet Format: Saturday morning meets will start at 9:00am and end at approximately 1:00pm. Aquaknights Swim Team warm ups will be from 8:00am – 8:25am and the competition pool will be available for visiting team warm ups from 8:30am – 8:50am.

Order of events: Aquaknights swimmers will compete in lanes 2, 4, 6, and 8 with visiting swimmers will be in lanes 1, 3, 5, and 7. Typically, the 100 IM event is limited to one heat per gender/age group and breaststroke, butterfly, and backstroke individual events are limited to no more than three heats per gender/age group. The number of heats for the freestyle event is typically unlimited. The number of heats per event are typically discussed and agreed upon by the coaches of the participating teams. The order of events is: medley relay, individual medley, freestyle, breaststroke, butterfly, backstroke, and free relay.

Entries: Our meets are pre-seeded using Hy-Tek Meet Manager. We request that you electronically provide both coaches (Coach Cindi and Coach Aimee – see contact information below) with a complete list of entries no later than 48 hours prior to a meet (i.e. no later than 5:00pm Thursday for a Saturday morning meet). We will provide the visiting coaches/computer team with a copy of the meet file for review on Friday before the Saturday meet.

Scoring: For all events, all heats will count toward team points. In dual meets, individual events have the following scoring: first place earns five points, second place earns three points, and third place earns one point. Relays earn six points for first place and three points for second place (teams may not sweep points for relays). The maximum limit for swimmer scoring is three individual events and two relays.

Ribbons: Ribbons are awarded to the top eight swimmers in individual events based on time. All swimmers 10 years and younger will receive a participant ribbon stating their time swum in the event. A “heat winner” ribbon will be awarded for all individual swim events; this ribbon will not have the swimmer information or time on the reverse.

Snack Bar: Our snack bar offers both breakfast and lunch food items. In addition to drinks, chips, candy and other snacks, our team offers breakfast burritos, donuts, coffee, burgers, hot dogs, fruit and more. Our menu also includes specialty items to coincide with meet themes!

Directions: Aquaknights is located at Diamond Hills Sports Club and Spa. All Aquaknights Swim Team home meets will be hosted at Diamond Hills Sports Club and Spa, 1510 Neroly Road in Oakley. Take Highway 4 East toward Pittsburg and Antioch. Exit Laurel Road east and turn right on Empire Avenue. Turn left on Neroly Road and take the next right into the club parking lot. (Diamond Hills Sports Club is at the corner of Empire Avenue and Neroly Road.) Please follow the signs to the east side parking lot as swimmers/families will access the pool through the side gate nearest the east parking lot.

PLEASE MAKE SURE THAT YOUR FAMILIES DO NOT PARK IN THE NEIGHBORHOOD ADJACENT TO THE CLUB – OUR PERMIT WITH THE CITY IS CONTINGENT UPON US KEEPING THE IMPACT OF OUR SWIM MEETS AT A MINIMUM TO THE ADJACENT NEIGHBORHOOD.

Visiting Team Work Assignments: Visiting meet director should check in with the meet director or team representative no later than 8:30am. Visiting stroke and turn judges should report to the scoring table no later than 8:45am. Other visiting volunteers should report to their positions no later than 8:45am to ensure the meet starts on time. The visiting team work positions include:

- 1 Meet manager
- 2 -3 Stroke and turn officials
- Shepherds for your team swimmers
- 12 Timers
- 4 Recorders
- 2 Ribbons/Score table
- 2 or more relief workers for your team

We use a wireless timing system and the flyover start protocol. For your convenience, instructions for the timers and recorders are included on page 3.

Rules and regulations:

- 1) Park in legal parking spaces only. Do not leave your car in the pick-up/drop-off zones and absolutely no parking in the adjoining neighborhoods.
- 2) Smoking is NOT permitted in the club or on its grounds.
- 3) Food or drinks must be in non-breakable containers—glass is NOT permitted in the pool area. Please note that bags and personal belongings are subject to search.
- 4) Restrooms for girls and boys are located in the hallway near the DHSC Kids' Zone or in the pool house/storage building at the far end of the competition pool. Children under 17 years old and younger are NOT allowed in the adult locker rooms unless accompanied by their parent/guardian. Children 4 years and older may not use the locker room of the opposite sex.
- 5) No one shall behave in an unsportsmanlike manner or use obscene or abusive language. No one shall disrespect DHSC Aquaknights facilities or equipment (vandalism, destruction of property, etc.). Disruptive behavior will not be tolerated, which includes using the club in a manner that is not intended or not following ethical rules and regulations. Those in violation will be reported to team management (board and/or coaches), expelled from the meet, and escorted out of the facility.

Positions:

- Coaching Staff: Cindi Coats, coachcindicoads@hotmail.com, (510) 915-0238
Aimee Van Dyke, h2oaimie@yahoo.com, (925) 305-4572
- President: Joleen Ironside, jaironside@gmail.com, (925) 580-9624
- Vice President: Joe Weber, joseph.weber@goaaa.com
- Secretary: Casey Claibourne, maggiedog14@sbcglobal.net
- Treasurer: Deb Schlagel, Jason.schlagel@comcast.net
- Social Coordinator: Bev Richardson, babyhelp4u@yahoo.com
- Concessions Coordinator: Jeannie Taylor, cjtaylor3@sbcglobal.net, (925) 625-6461

Starting, Timing and Recording Instructions

DOLPHIN TIMER INSTRUCTIONS

1. **Check Lane assignment.** The Dolphin timers are set for specific lanes.
2. **Watch will automatically start when the starter activates the beacon.**
3. **Stop the watch by pressing either the right or left outside button.** Stop the watch once the swimmer touches the wall.
4. **If the watch is stopped too soon, simply press the right or left button again.** The watch will show the correct time lapsed as if it had not been stopped.
5. **If you have no swimmers in your lane, press the “reset” button located in the center of the watch.** This can only be done after the race has started.
6. **The start of the next race will automatically clear all watches.**

MANUAL STOPWATCH TIMING INSTRUCTIONS for Flyover Starts:

The following procedures should be used, assuming three Dolphin timers and two manual stopwatches per lane.

1. Two timers will have a Dolphin watch and a manual stopwatch. The third timer has a Dolphin watch and records times from the manual watches of Timer A and Timer B alternatively.
2. Timer A will start the manual watch when he/she sees the strobe flash on the starting system.
3. Timer A stops the manual and Dolphin watches at the end of the race. Do not clear watch.
4. Timer B starts his/her manual watch at the start of the next race.
5. Timer/recorder records the time from the previous race from Timer A's manual watch while the next heat is competing.
6. Timer B stops his/her manual and Dolphin watches at the end of the race. Do not clear watch.
7. Timer/recorder writes down the time from the previous race from Timer B's manual watch.

This process is repeated alternating between Timer A and Timer B. The Timer/recorder will record manual times for all swimmers. The manual times are needed if the computer system fails or is out of sync with the meet.

FLYOVER STARTS - Flyover starts are forward starts where a heat is started while the previous heat's swimmers stay in the water at the conclusion of the race. (Flyover starts cannot be used in relays or backstroke events.) For swimmers, flyover starts provide the benefit of allowing swimmers a moment to catch their breath before exiting the pool and more time for the next heat of swimmers to assume their start positions without holding up the pace (time line) of the meet.

FLYOVER START PROTOCOL

1. After the last swimmer in the heat passes the halfway mark from the start/finish end, the referee will sound 3 or 4 short whistle chirps.
2. The announcer/starter will announce the next heat.
3. As the last swimmer passes under the flags closest to the finish the referee sounds one long whistle for the swimmers to step on the blocks.
4. This whistle also tells all swimmers still in the water to remain in the water. Swimmers should stay at the corner of the lane, hold still with legs hanging down and not touching the starting blocks. **NO TALKING.**
5. The starter will say “take your mark” and when appropriate give the start signal
6. After the race start, the swimmers still in the water from the earlier heat will quickly exit the pool.

ADDITIONAL INSTRUCTIONS:

- Swimmers may exit the pool earlier (immediately after their race) if they finish well ahead of the last swimmer and the starter has not called the next heat to the blocks (3 to 4 whistle chirps).
- If there is significant delay (equipment malfunction, seeding confusion, resolution of a DQ, etc.) in starting the next heat, the Starter may request the in-water swimmers exit the pool.
- Flyover starts may be used when a swimmer wishes to start from the deck at the side of the starting block. The swimmer in the water and the swimmer starting on the deck should be on opposite sides of the lane.
- If a swimmer starts in the water for a forward start, the previous heat should exit the pool prior to the start.