Team Bio

Meet Files / Entry Deadlines for Computer Teams

Our Meets are run with HY-TEK Meet Manager. Please send entries and roster to computerteam@pinoleseals.org no later than 9 pm on Monday for Wednesday evening meets, and 9 pm on Thursdays for Saturday morning meets.

Pinole Swim Center

- **Address: 2554 Simas Ave., Pinole, CA 94564**
- **Mailing Address: P.O. Box 516, Pinole, CA 94564**

Contacts

Email address: president@pinoleseals.org
Website: www.pinoleseals.org
President:
Rochelle Muffett, (510)-734-6354, president@pinoleseals.org
Head Coach:
Kyle Berry headcoach@pinole.com
League Reps:
Winifred Tong (510-734-9675) swtong1@sbcglobal.net
Katie Nash (510-691-1006) tubby9699@gmail.com
Computer Team:
Mike Stokowski (510) 435-3942, computerteam@pinoleseals.org

Swim Meet Times

The Pinole Swim Center gate will open at the designated time; parents who arrive early will not be allowed into the facility until the designated time.

	Saturday	Wednesday
Meet Time	9–12 pm	6–9 pm
Doors Open	7:15 am	5 pm
Visiting Team Warmup	8:00–8:25 am	5:30 pm
Seals Warmup	7:30–7:55 am	5:15–5:30 pm

•Lane Assignments

- **Visiting Team: Odd number lanes**
- **Seals Team: Even number lanes**

Pool Facility:

- **Home Camp: Under solar panels**
- **Visitor Camp area: Grassy area on side of pool**

• Visiting Team Work Assignments

- **Timers/Recorders: 9 (2 per even # lanes and 1 per odd # lanes)**
- **Ribbons Writers: 1 (report to computer desk after IM events are completed)**
- **Stroke & Turn: 2 (rotate)**
- Shepherds: Team's own parent volunteers

Ribbons

Ribbons are provided for individuals placing 1st-6th place overall, heat winners for individual events with multiple heats and 1st and 2nd for relays. Participation ribbons are provided for all swimmers not placing for 8 and unders only. Scoring will follow league rules.

No ribbons for 15-18's.

Order of Events—Number of Heats

- **Medley Relay—1 heat**
- **IM—1 heat**

- **Freestyle—3 heats**
- **Breaststroke—2 heats**
- **Butterfly—2 heats**
- **Backstroke—3 heats**
- **Free relay—1 heat**

Snack Bar

The Seals Team Snack Bar is open on Saturday mornings and on Wednesday evenings for meal items. We will also sell a wide variety of drinks, snack items and candy.

Directions

From Concord

- **West on Highway 4**
- **Merge to I-80 West**
- **Exit Pinole Valley Road**
- **Turn Left onto Pinole Valley Road**
- **Turn Left on Simas Ave. (past Pinole Valley High school)**
- **The pool is on the left side of the street**

Parking

Parking is available in lot next to the pool; you may also park on the street next to the pool in the neighborhood.