

Pleasant Hill Dolphins Meet Information 2021

Meet Location:

Pleasant Hill Education Center Pool
1 Santa Barbara Road
Pleasant Hill, CA 94523

Meet Start Times:

Wednesday evening meets begin at 5:30 pm
Saturday morning meets begin at 9 am

Warm-up Times:

Wednesday afternoon meets: PHD 4:30 pm, visiting team 5 pm
Saturday morning meets: PHD 8 am, visiting team 8:30 am

Events:

For Wednesday afternoon Dual Meets:

Each swimmer can swim up to 2 individual events and 2 relay events. This includes IMs. Each relay is restricted to 2 per team per age group. IMs are restricted to 4 entries per team for 1 heat per age group.

For Saturday morning Dual Meets:

Each swimmer can swim up to 3 individual events and 2 relay events. This includes IMs. Each relay is restricted to 2 per team per age group. IMs are restricted to 4 entries per team for 1 heat per age group.

For Saturday morning meets we have added the 50 FR event for the 15/18 age group.

The order of events is as follows:

Medley Relay

Individual Medley

Free

Breast

Back

Fly

Free Relay

Distances are 25 yards for age groups 6 & Under and 7-8s; 50 yards for 9-10s, 11-12s and 13-14s; and 100 yards for 15-18s. 15-18's have the option to swim the 50 free for Saturday meets.

Heats:

Each swimmer will be assigned to a heat of up to 8 swimmers. Lanes will be assigned based upon each swimmer's seeded time in each event. Heats will be seeded fastest to slowest.

Please plan on flyover starts for ages 9 and up.

Timing:

Each swimmer will be timed by 3 timers. The official time will then be recorded. Colorado timing system will be used.

Meet Eligibility:

Swimmers must be a registered swimmer of a participating swim team, having participated with this team only during the course of the summer season.

Rules:

Current USS rules will govern strokes, turns, starts, finishes, etc. Each meet will be pre-seeded based on entry times.

Awards:

Ribbons will be awarded to 1st-8th finisher in each heat, for each event for swimmers 12 and under. Ribbons will be delivered to the visiting team following the meet.

Hy-Tek Entry:

An event file will be emailed prior to a meet. All Hy-Tek entries must be submitted to Amy Ross by email. **amyross6@yahoo.com** Please contact Amy with questions at 925-699-0762.

Job Assignments:

12 timers
3 stroke and turn judges
Shepherds, as needed

Pool and Facilities:

8 lane pool; warm-up lane for swimmers 13 and older (Lane 10).

Food:

Snack Shack will be open for all meets. Hot and cold breakfast, lunch, and dinner items are available, depending on the time of the meet. Credit cards are accepted.

Parking:

Pleasant Hill Middle School main parking lot; overflow parking in Pleasant Oaks Park lot across the street. Please do not park in the Adult Ed lot at the back of the school.

PLEASE NOTE: There is no alcohol allowed on the premises. There is no smoking on any portion of the Pleasant Hill Middle School campus, including the parking lot and Pleasant Oaks Park across the street. No pets are allowed on campus, with the exception of service animals.

Team Contacts:

Talli Pitcher—Head Coach (coachtalli@comcast.net)
Amy Ross—Head Computer, Meet Director (amyross6@yahoo.com)

*******PLEASE NOTE THE 5:30 PM MEET START TIME FOR ALL WEDNESDAY NIGHT MEETS**