



Benicia Stingrays

Team Bio 2021

<http://www.bsrswim.org>

PO Box 131, Benicia, CA 94510

Meet Starting Times & Length (****all times are for Friday 7/2/21 unless otherwise listed****)

4:45 pm to 7:15 pm

Visitor Check-In

4:15 pm

All swimmers and parents must enter pool through the main, front entrance of the pool unless they are part of the setup crew. Families that are not part of meet setup crew can enter the pool at 3:45 pm.

Warm-Ups

4:00 pm – 4:20 pm BSR

4:20 pm – 4:40 pm AHI

Order of Events

Friday Meet

Heat Restrictions

Medley Relay	1
IM	1
Freestyle	3
Breaststroke	2
Butterfly	2
Backstroke	3
Free Relay	1

All swimmers from each team may be entered in 3 individual events. All 15-18 events will be 50 yard races, with the exception of relays and IM.

The only event with a team limit will be Relays and IM: we will run A and B relays only; only 2 swimmers per age/gender per team may be entered in IM.

Please note that for relays and IM events, girls' and boys' races and/or multiple age groups may be combined. Visiting teams will be notified of the meet format when the Hy-Tek file is sent.

Whistle Protocol at Benicia Home Meets

Please note that our home pool guards use a three-whistle pattern as an emergency signal. Accordingly, we will use a four-whistle pattern for starts. That is, there will be four short whistles indicating that swimmers and timers are ready and one long whistle indicating that swimmers should step up on the blocks. Please be sure your coaches and swimmers are aware of this minor difference from current league protocol.

All starts, with the exception of backstroke, will be flyover.

Entry Schedule

Meet Events files to Visitors	Mon - 11:59 pm
Completed entries due from Visitor and Benicia Coaches	Wed - 5:00 pm
Meet Programs delivered to Visitor and Benicia Coaches	Thu - noon
Corrections/Adjustments due to Benicia Meet Director via email	Thu - 5:30 pm
Deck changes	Fri - 4:30 pm

All entries should be entered in the HY-TEK team manager USING THE MEET EVENTS FILE SENT TO YOU. Please also include A FULL ROSTER EXPORT in case of deck changes. By default, the meet will be seeded fastest to slowest. If you are manually seeding, please let the Benicia Meet Director know the day before the entries are due.

Please deliver meet entries to coach@brswim.org and meetdirector@brswim.org per the schedule above. All changes after final programs should be kept to a minimum and delivered to the Benicia Meet Director in writing per the schedule outlined above.

BSR uses Meet Manager 6.0 and Team Manager 8.0. If your team has not upgraded, please let Coach Mariska know what .pdf files you need for Coaches, Shepherds, etc.

Lane Assignments

Visitors: Odd lanes (1,3,5,7)

Home: Even lanes (2,4,6,8)

Scoring

Individual events 1st = 5 pts, 2nd = 3 pts, 3rd = 1 pt

Relays 1st = 6 pts, 2nd = 3 pts

Visiting Team Work Requirements

- 8 Lane Timers ***Please bring your own stopwatches.**
- 4 Lane Recorders (Odd Lanes)
- 1 Timer Reliever for your team
- 1 Stroke and Turn judge
- 1 Shepard for your team
- **We will not be providing ribbons to the visiting team.**

All volunteers need to be in their spot by 4:30 pm.

There will be a Coaches, Stroke & Turn judges meeting with BSR Officials at the Starter area at 4:30pm.

***Please note: there will not be concession/snack bar or water provided by Benicia Stingrays.**

Visitor Camp Area

Visitors' camp area is on the grass behind the computer table, at the West end of the pool.

Directions

From Highway 780 take the East 2nd Street Exit, go south toward the downtown area. Make a right on Military East (at the stoplight). Then make a left on First Street (next stoplight). Make a left on East J Street. James Lemos Pool is located at 181 East J Street.

Parking

On-street parking is available around the pool. Please be mindful and do not block driveways or emergency access to the pool, as your car will be towed.

Team Contacts

President: Anna Fade president@bsrswim.org

Vice-President: Kendall Lara vicepresident@bsrswim.org

Treasurer: Victor Vitale treasurer@bsrswim.org

League Rep: Anna Fade leaguerep@bsrswim.org

Meet Director: John Sommerfeld meetdirector@bsrswim.org

Head Coach: Mariska Field coach@bsrswim.org

Membership: Jennifer Smith membership@bsrswim.org

Communications: Fernando Recoder beniciastingrays@bsrswim.org

Secretary: Duane and Jill Magno beniciastingrays@bsrswim.org

Volunteer Coordinator: Cyndee Bogard volunteer@bsrswim.org

Fundraising: TBD beniciastingrays@bsrswim.org