

SEA HORSES

DEWING PARK

SWIM TEAM

City Meet 101: All the Details!

THIS IS A BIG MEET, SATURDAY AND SUNDAY. IF YOU ARE NEW TO SWIM TEAM PLEASE READ THIS LETTER. IF YOU HAVE QUESTIONS, PLEASE EMAIL BECKY SHANK (BPSHANK@YAHOO.COM)

General: Everyone should get plenty of water and rest in anticipation of the meet. Early hydration is very important since we'll be out in the sun for two long days. Heather Farm always feels warmer than anywhere else in Walnut Creek!

Programs: Programs will be available for purchase when you drop your tent off on Friday. Don't worry if you don't get one Friday. Programs may also be purchased at Heather Farm Saturday. Heat and lane assignments are ONLY published in the program. DPST isn't able to separately provide information, even to those who have purchased a meet program subscription. Although the program contains estimated start times for each race, keep in mind that the meet often runs faster or slower than anticipated, so be prepared

Team Area/Early Set Up: Our team area is small; we will need to crowd together. If you pitch a tent, know that the space beneath it is not "yours" but must be shared by all our families. There simply isn't room for each family or even each couple of families to stake their claim to a tent-size area on the lawn. We will be able to set up early. You can go over and set up at 6 PM on Friday. Please use your best manners if you go over early to set up, there are a lot of folks wanting to do the same thing, so patience is a must.

Volunteers: It is MOST important that every scheduled volunteer (or sub) shows up to work in a timely fashion. The meet will come to a grinding halt if even one worker is missing. Many families have hired subs for the meet. Please confirm with your sub that he or she is planning to be there ON TIME AND ALERT THE MEET DIRECTORS.

Shepherds: THERE ARE NO SHEPHERDS FOR THIS MEET.

Parents will be responsible for bringing their children to CLERK OF THE COURSE on their own. Please pay attention to the meet or your child will miss their event. It moves very quickly. We recommend getting the meet mobile app and twitter to track the races (details can be found in the meet program). The coaches will be escorting our 8 and under swimmers to the Clerk of the Course for **RELAYS only**. 8 & unders should meet at the relay board (in our team area) WELL in advance of the scheduled time for the relay. Relay swimmers who can't be found WILL be replaced. Please check for relays before you leave for the day.

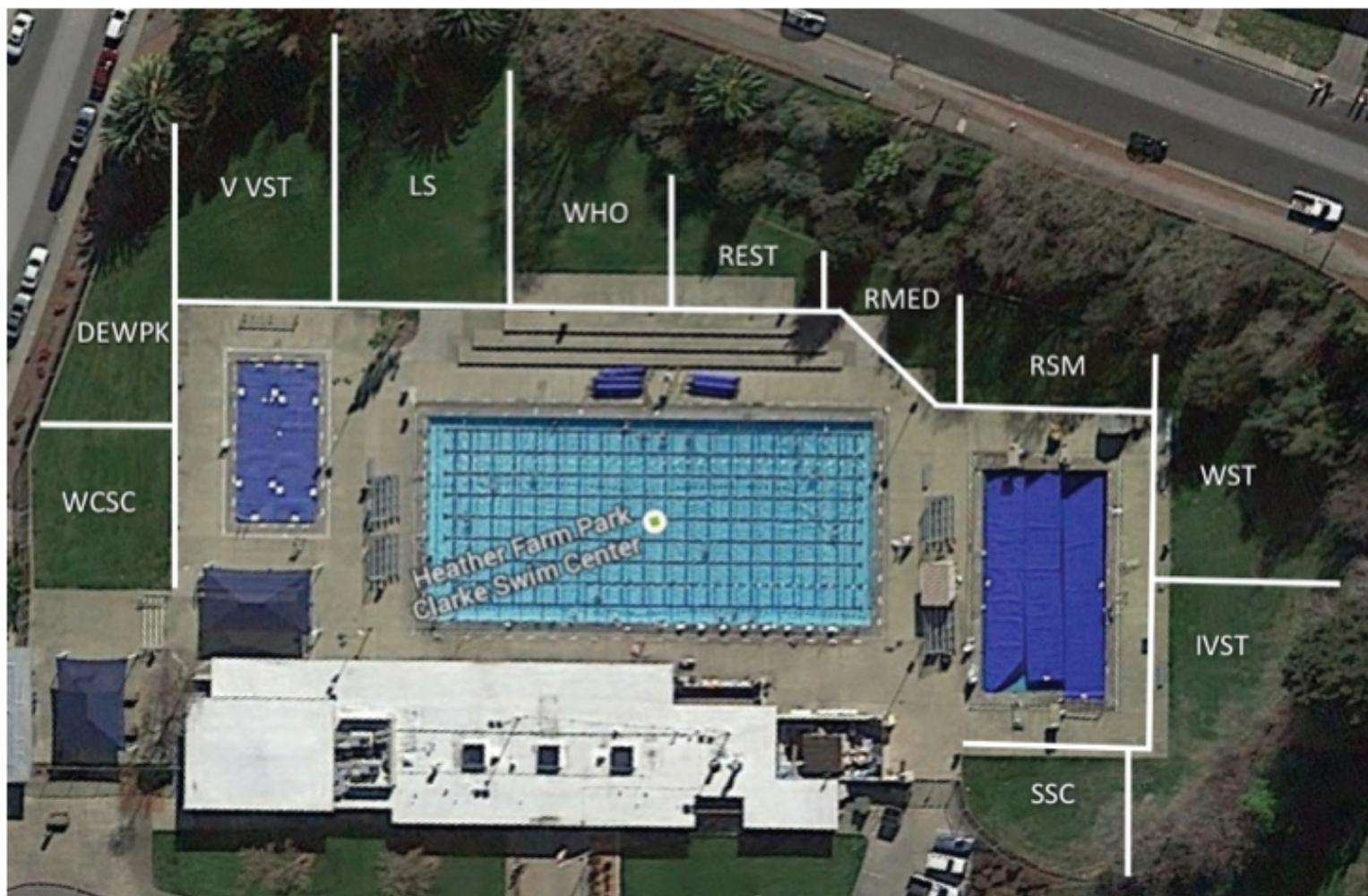
Order of events:

Saturday's events are (in order) IMs (for 11s and up), freestyle, butterfly and the medley relay. Sunday's events are IMs (7-8s and 9-10s), backstroke, breaststroke and the free relay, all ages relay. Parent and coach relays follow the free relays Sunday. The final events of the day generally conclude by 4:00.

Warm ups: Our assigned warm up time is 7:50 both days, Lane 4-5. Please plan on being in our tent area by 7:30. Warm ups are strongly encouraged for those who will be swimming in morning events. The cheer will follow. In addition to warming up with the team, swimmers should warm up in the designated lap lane within an hour of their scheduled races. (Parents, please supervise young swimmers in the lap lane.) Please note: "three-point entries" are mandatory in the warm up lanes. |

Relays: The coaches are in the process of setting the relay teams now. Hopefully, there will be an A and B relay for each age group and each gender, except in those instances where we don't have eight available swimmers of a particular age and gender. Please note that 6 & under relays are not mixed at this meet, they are boys and girls relays. The relays will be posted in our team area at Heather Farm. The coaches have discretion to change the relays during the meet as they see fit. The free relay teams likely will not be finalized until after the freestyle events on Saturday. They will be posted in the team area Sunday. Please, please check in with a coach before leaving the meet to make sure your child hasn't been added to a relay. It is very important that all children (and alternates) ultimately slated for a relay be present and ready to swim. A child who is not risks disappointing every other swimmer on the relay and on our team.

Clerk of the course: Parents are responsible for the timely check in of their own children to the clerk of the course (see above regarding 8 and under relay swimmers). If your child isn't properly checked in, he or she will not be permitted to swim. Bring a sharpie to the meet to mark your children's heat and lane assignments for them. (A diagram illustrating proper marking will be in the Meet Program and, likely, posted at the clerk of the course). An announcement is made when the clerk of the course begins to seat a particular event. Keep your eyes and ears open! It moves fast. Once an event is closed you can not enter the Clerk of the Course, so please listen for the last call.



Walnut Creek All City Meet, July 9-10

All City warm-up schedule

Warm-up space is allocated with team size in mind. Therefore teams will have three to five warm-up lanes based on the number of swimmers they brought to the meet last year.

7:30 – 7:50 am	7:50 – 8:10 am	8:10 – 8:30 am
VALLEY VISTA Racing lanes 8-10 Warm-up lanes 4-5	DEWING PARK Racing lanes 8-10 Warm-up lane 4-5	WALNUT HEIGHTS Racing lanes 8-10 Warm-up lanes 4-5
RANCHO SAN MIGUEL Racing lanes 5-7 Warm-up lane 3	LARKEY Racing lanes 5-7 Warm-up lanes 2-3	WOODLANDS Racing lanes 5-7 Warm-up lanes 3
WCSC Racing lanes 3-4 Warm-up lane 2	INDIAN VALLEY Racing lanes 1-4 Warm-up lanes 1	RUDGEAR MEADOWS Racing lanes 3-4 Warm-up lane 2
RUDGEAR ESTATES Racing lanes 1-2 Warm-up lane 1		SCOTTSDALE Racing lanes 1-2 Warm-up lane 1

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All City timers and recorders

Each team is asked to fill three positions. One timer in each lane will use both a push button and a back-up watch and one timer in each lane will use a push button and complete the recorder sheets.

We appreciate your cooperation in avoiding meet delays due to unfilled positions. We will conduct a timing system check before the meet each day shortly after 8:30am. Please make sure your team's assigned positions are covered at all times.

Lane	Teams Assigned		
1	Dewing Park	Valley Vista	Indian Valley
2	Walnut Heights	Larkey	Rancho San Miguel
3	Rudgear Meadows	Woodlands	Scottsdale
4	Rudgear Estates	Dewing Park	Valley Vista
5	Indian Valley	Walnut Heights	Larkey
6	Rancho San Miguel	Rudgear Meadows	Woodlands
7	Scottsdale	Rudgear Estates	Dewing Park
8	Valley Vista	Indian Valley	Walnut Heights
9	Larkey	Rancho San Miguel	Rudgear Meadows
10	Woodlands	Scottsdale	Rudgear Estates