

Please print this packet of information out and keep it handy in preparation for and throughout the duration of the 2020 Quest Swimming Fall Intrasquad Meet.

PARKING (please refer to the outdoor map)

- The entire parking lot is open. Please park in EVERY OTHER spot throughout the facility. You are encouraged to park near the EAST end of the facility as that will be where spectators and athletes will enter the pool.
- By parking in EVERY OTHER spot, you will allow 20 feet of space for you and your family.
- You may bring a tent, chairs, or any other outdoor items to be used in your outdoor space. You must follow all facility/campus rules whether you are inside the pool area or in the parking lot. Please leave your family area cleaner than you found it.
- Please maintain a safe distance from your neighbors/teammates in the parking lot. Be socially responsible with regards to wearing your mask and maintaining social distance. All family seating areas need to be separated by at least 6 feet.
- Athletes will remain in their family's outdoor space at all times except when warming up or preparing for an event!

SPECTATORS (please refer to the facility map)

- **ALL ATHLETES AND SPECTATORS SHOULD REPORT TO THE SCREENING TENT AT THE EAST END OF THE FACILITY TO GO THROUGH THE HEALTH SCREENING AND GET CHECKED-IN (ATHLETES) OR A WRISTBAND (SPECTATORS). YOU WILL NOT BE ALLOWED IN THE FACILITY WITHOUT GETTING A WRISTBAND OR CHECKING IN.**
- We will email out a heat sheet. We will post a heat sheet on our website, too. **Please make sure you and your son/daughter are aware of their events, heats, and lanes!**
- We will be announcing events throughout the meet. When it is time to watch your son/daughter, enter the facility on the southeast side of the building and go up the stairs. A meet marshal will be stationed at the southeast door to control the flow of spectators entering and athletes exiting there.
- You may watch your son/daughter from the mezzanine (the bleachers will be sealed off and unavailable). Once your son/daughter has finished competing, please exit the mezzanine to the west and head outdoors via the main lobby.
- This area is called the "Watch and Go" area. Please watch your child swim and then GO back outside!

ATHLETES (please refer to the facility map)

- **ALL ATHLETES AND SPECTATORS SHOULD REPORT TO THE SCREENING TENT AT THE EAST END OF THE FACILITY TO GO THROUGH THE HEALTH SCREENING AND GET CHECKED-IN (ATHLETES) OR A WRISTBAND (SPECTATORS). YOU WILL NOT BE ALLOWED IN THE FACILITY WITHOUT GETTING A WRISTBAND OR CHECKING IN.**
- Athletes will report to the northeast entrance doors of the pool when it is their turn to swim. They must have a mask on and their Quest team gear. We will have one heat in the pool, and three heats waiting to swim (as seen in the facility picture).
- 25's will start from the bulkhead. All other events will start from the starting blocks.
- We will have a coach underneath the scoreboard providing VERY BRIEF pre-race input to athletes.
- **All athletes must bring a ziploc bag to place their mask in when they are swimming.** When they finish their swim, athletes will exit the pool, put on their mask, and follow the one-way traffic around the pool to the coaches.
- Coaches will provide VERY BRIEF feedback and coaching to the athletes, as well as assign an abbreviated warm-down routine to the athletes (in lanes 9 – 20). We will not have more than 3 athletes in a lane at any time in the warm-down pool.
- Once athletes have completed their warm-down, they are to exit the pool via the southeast exit and return to their family area.

VOLUNTEERS (please refer to the facility map)

- We will be needing a small handful of volunteers to help us run the meet in the safest environment possible. All volunteers will need to go to the screening tent and wear their mask at all times while inside the facility.
- Please be on the lookout for a sign-up genius with more information and instructions on how to volunteer.