

Coach's Information for 2020 12-Under SC State Championship

Coach's Meeting

Please send a representative to a brief coach's meeting in the hospitality room located north of the entrance foyer, at 2:15 PM on Friday.

Contacts

Please contact the people below if you have any questions about the meet

Meet Director: Mark Kohnhorst– overall meet operation.

Entry Chair: Darsi Kohnhorst – entry, scoring or results.

Meet Referee: Andrew Olson

Head Chief Judge: Cynthia Raatz

Admin Referee: Darsi Kohnhorst

The following is for your information and not intended to supersede anything in the official meet information

Warm-up Information

Warm-up Procedures: Two assigned warm-up sessions followed by a general warm-up session. Warm-up assignments are posted and in your team mailbox. Assigned lanes may be used for one-way sprints if all assigned teams agree. During the late warm-up sessions there will be lanes available for sprints.

Warm-up/Cool down During Meet: The south pool will be available throughout. The Y-pool and the space between the courses are not available. During the meet, in the south pool, Lane 8 is reserved for one-way sprints and lane 1 is reserved for pace work. During award breaks the south pool will remain open for warm-up. The north pool is not available for warm-up during the meet.

Relay Names

The deadlines for submission of relay sheets are shown below. Relay sheets are in your mailbox, if the names on the sheets are accurate, please turn it in for confirmation. If you have a TeamUnify or Team Manager relay report you would like us to use, feel free to turn that in instead. We will not be using relay cards during this meet. If you need to make a change after the submission deadline, just stop by the office, or if its last minute, make the change with the timers on the lane/timer sheet.

Relay Sheet Deadlines:

Saturday AM – 8:00 AM

Saturday PM – 200 FR 12:40, 400 MR 3:30

Sunday AM – 8:00 AM

Sunday PM – 200 MR 1:00, 400 FR 3:45

Relays to the Starting Area

To avoid excessive congestions and noise behind the blocks, please do not send relays to the starting area until two heats before their race.

Awards

Breaks

Top 8 individual and top 3 relay places will receive their awards on the podium according to the schedule in the heat sheet. Swimmers should report to the area in front of the glass office for staging 5 minutes prior to the scheduled award time.

Ribbons

Ribbons will be put in your team mailbox. Please pick them up throughout the meet and before leaving the meet. They are large rosette ribbons and space is limited in the mailbox so please remove them regularly. You can send swimmers to the mailbox as well.

State Champ T-Shirt

State Champions should stop by the office to claim their state champion T-shirt. One per swimmer.

Wall of Champions

State Champions will have their photo posted on our Wall of Champions. Swimmers should feel free to take their photo home at the end of the meet.

Miscellaneous

Fly-Over Starts

We will be using flyover starts. Please remind your swimmers to stay close to the wall and not hold onto the backstroke starting bar while waiting for the next heat to start.

Coach's Hospitality

There will be food and beverages available in the coach's hospitality room. Water is available in hospitality and on the deck for coaches.

Meet Mobile Live Scoring:

Will be available through Meet Mobile during the meet.

Facility and Traffic Control

- Please keep swimmers and swim bags out of the stands.
- Do not send relays to the blocks early since space is limited.
- Help keep parents off the deck.
- Have your swimmers clean-up your team area during the meet.
- Display coaching credentials when on deck.
- Lost and found is outside the glass office.
- See lifeguard for first aid.