

## **2022 FAST Patriot Meet** **Coaching Packet and Facility Procedures**

### **Meet Warm Ups**

There are no assigned warm ups. Warm ups will be conducted like a regular meet.

Session 1	Warm Up: 4:30pm	Start: 5:30pm
Sessions 2/4	Warm Up: 8:00am	Start: 9:00am
Sessions 3/5	Warm Up: 12:00pm	Start: 1:00pm

We will have the entire Olympic pool and Rec pool for Meet Warm ups. We will not have the entire pool for warm ups during the meet though. See below.

### **Warm Up/Warm Down Area**

During the meet, we will be using the 6 lane recreation pool for warm up and warm down. The Olympic pool will not be available during the meet. Meet warm ups we will utilize the entire Olympic pool for warm ups.

### **Timeline**

Timelines are now posted on the FAST Website.

### **Psych Sheet**

Psych sheet is now posted on the FAST Website for Visiting Teams page. (Green Button on the FAST website home page)

### **Timers**

FAST is intending on providing as many timers as possible. As always, we can probably use some assistance from other teams.

### **Distance Race Timing:**

For the 400 IM, 500 Free and the 1650 Free, you will need to provide your own timers and personnel to lap count.

**Family and Team area:** All team areas and family set up must be outside the facility. The South side of the facility is the best place for teams. The North Side of the facility is available, however be aware the park playground structures is open to the public during the event.

**Spectator Viewing area:** Spectating will be back to normal at this meet. Spectators may be set up in the bleachers (no tents allowed in the facility). Spectators are required to be behind the barricades and not enter the athlete/Coaches/Officials area. We will not be able to live stream the meet at this time.

### **Heat Sheet:**

Heat Sheets will be available for purchase at the Clerk of the Course. Coaches will be provided Heat Sheets for free.

**Lap Counters:** The equipment to count will be provided by FAST and the Town of Oro Valley. Each swimmer in the distance race (500 and 1650 Free) will need to provide their own personnel to count.

**Positive Check In:**

All Individual Events 400 and longer will require positive check in. You may positive check in at the Clerk of the course located right to the south of the admin tent.

**Bathrooms and Changing area**

**Athletes:** are allowed to use the Men's and Women's rest room for changing and using the restroom.

**Coaches/Officials/Volunteer bathrooms (adults only):** will be allowed to use the family bathroom. Please remember this is a Co-ed bathroom. No athletes or spectators will be allowed in this bathroom.

**Spectators:** will use the bathrooms out in the park near the 9-11 memorial right by the baseball field.

**Parking:**

Parking will be in the OVAC West and East Lots ONLY on Friday. Saturday and Sunday you may park at CDO if available.

Please do your best to keep to the parking restrictions.

**Time Trials:**

No Time trials will be offered at this meet.

**Sponsors:**

Dependable Health Service