

Please note the 10 & under start times are a bit later on Saturday afternoon. No swimmer or parents will be allowed in the recreation center until 1:00pm on Saturday 2/14/15

Good Afternoon,

This weekend's meet is all set. Please take a moment and double check the psych sheet is correct as well I've included a list of entries by swimmer for your review. We have five different sites of NCAP attending, so if you had any recent changes, please double check that I made them according to your requests.

Attached

Psych Sheet
Time Lines
Entry List by Team

Below please note

Officials & Meet Management
Team timing requirements
Seating & Parking
Warm up assignments, start times & check in schedule
Awards
Finals
Hospitality & Concessions
Help 2 Others

Officials & Meet Management

If you have any administrative issues prior to the meet, please let me know, otherwise most of your concerns during the meet can be taken care of by the outstanding official's leads we have working the deck and the computer table. (deck entries, check in, missed heats, etc.)

Dan Young is the meet referee throughout the weekend; you can connect with him as an initial point of contact or any of the Administrator Officials at the computer table. You're also welcome to come to me if you have anything that needs addressing.

Team Timing Requirements

We respectfully ask that each team provide timers throughout the swim meet. You may split up the assignments however you prefer. OCCS will provide 12 timers each session and will try to provide the needed timers for the finals, however if there are gaps, assistance would be appreciated.

NCAP (all sites) 8 timers per session

BWST 3 timers per session

RIPS 2 timers per session

Seating & Parking

Space will be at a premium throughout the meet. Please warn your parents in advance that Saturday morning and the transition from the 11&over group to the 10 & under group will be a bit rough... All we ask is a little cooperation and patience with each other to accommodate everyone. We are working on a few things to provide some better seating options upstairs. Parents will be allowed to sit in the recreation pool area with their kids if they'd like, however NO PARENTS will be allowed on the

competition deck unless they are a swim meet management volunteer or certified coach. You and your swimmers are welcome to bring chairs to use on the deck as long as they don't interfere with the competition staff or walkways.

Parking is limited in the lot for the facility, however the spill over area provides plenty of parking across the street at the high school.

Warm up Assignments & Start Times

Saturday 11 & over prelims

There will be an open warm up time starting at 6:30am. Note that due to the size of the session and the determined effort to provide 30 minutes to each team for a reasonable warm up time, there are about 20 swimmers assigned to each lane for warm ups. If you have some swimmers that can warm up early and would prefer to have some space, we will offer at least 6 lanes starting at 6am for any team to use as an open warm up session.

6am warm ups - 8:10am meet start (doors will open to public at 5:45am)

Session 1 warm ups – open 6:00-7:00am

Session 2 warm ups 7:00-7:30am

OCCS - cool down lanes and lanes 1-4

RIPS – lanes 5 & 6

BWST – lanes 7 & 8

Session 3 warm ups 7:30-8:00am

NCAP – all 10 lanes

Saturday 10 & under timed finals

No swimmers or parents in the 10 & under session will be allowed into the facility until 1pm. The facility will be packed with 11 & over swimmers and families... so please understand that if you are too early, you will be waiting outside in VERY COLD weather. Plus you will guarantee yourself a horrible parking spot.

1:15pm warm ups – 2:00pm meet start

Session 1 warm ups – 1:15-1:35pm

OCCS – cool down lanes and lanes 1-6

RIPS – lanes 7 & 8

Session 2 warm ups – 1:35-1:55pm

NCAP – cool down lanes and lanes 1-5

BWST – lanes 6 & 7

OCCS – lane 8

Saturday 11 & over finals

5:20pm warm ups - 6:00pm meet start

5:20-5:50pm – open warm up session

General warm up 5:00-5:40pm

Specific warm ups 5:50-6:05pm:

Lane 8 – pace

Lanes 1, 3, 5 & 7 – dive sprints

Lanes 2, 4, 6, 8 and cool down lanes – general warm ups

Sunday 10 & under - Positive Check in: 200 free due by 7:15am; 200 IM & 500 free due by 8:00am – all other events will be pre-seeded

7:00am warm up - 7:30am meet start (1 x 25 minute session)

7:00-7:25am warm up

OCCS – cool down lanes & lanes 1-3

NCAP – lanes 4-6

BWST – lane 7

RIPS – lane 8

Sunday 11 & 12 – Positive Check in: 400 IM due by 10:45am; all other events will be positive check in due by 11:00am

10:30am warm up – 11:05am meet start (1 x 30 minute session)

10:30-11:00am warm up

OCCS – cool down lanes & lanes 1-2

NCAP – lanes 3-5

BWST – lanes 6 & 7

RIPS – lane 8

Sunday 13 & over – Positive Check in: 400 IM due by 3:15pm; all other events will be positive check in due by 3:40pm

3:00pm warm ups – 3:45pm meet start (1 x 40 minute session)

OCCS – cool down lanes & lanes 1 & 2

NCAP – lanes 3-5

RIPS – lane 6

BWST – lanes 7 & 8

Awards

There will be medals and ribbons offered for Saturday's events only.

11 & over – top 8 finishers from finals will receive medals

10 & under – top 8 finishers in each event will receive medals; places 9-16 will also receive honorable mention ribbons.

Pentathlon – the top 8 finishers in the pentathlon scoring will be recognized at the end of the Saturday afternoon session. Top 8 of each gender:

8 & under

9 & 10 (combined not separated single ages)

Pentathlon scoring is the combined time of the five events offered for each age group. Only swimmers in all 5 events are eligible for the pentathlon scores. If a swimmer is disqualified in one event, they will have a penalty assessed (5 seconds per 25 yards of event) but they may still be eligible for the pent. awards.

Heat winners on Saturday – will receive a Valentine's Day flower for themselves or to give to a loved one ;-)

Finals

To my chagrin, traditionally there are a lot of scratches from finals Saturday. Here is who qualifies this year (it is slightly different than years past):

11 & 12 – top 16 finishers from prelims

13 & 14 – top 16 finishers from prelims

15 & over – top 16 finishers from prelims

I do not want open lanes, so if there are openings in the 15 & over age group for finals I may offer the open lanes to the next fastest 13 & 14 year olds to provide a final swim. Please try to set up a way to communicate to your swimmers in the case of scratches moving your swimmer into the finals.

We have a DJ scheduled to be at the meet all day on Saturday. He has agreed to offer the top seed from prelims the opportunity to request a song for the intro. He will have a process for the requests provided at his table.

Hospitality & Concessions

We will have a bountiful selection of foods throughout the meet for coaches and meet volunteers. Bring your appetite and our crew of volunteers will take good care of you. Be sure to thank them... it can be a thankless job and much of their work starts this week to prepare the goodies for you for the weekend.

There will be a healthy selection (and some not so healthy) of concessions in the lobby throughout the meet. Please encourage your members to support the concessions by purchasing their lunch and dinner from our great selection that will include Subway sandwiches, Chick-Fil-A sandwiches, Pizza and more.

Commemorative President's Day Classic T-shirts will be available for purchase in the upstairs fitness room.

Help 2 Others

With so many kids we have participating in the meet this weekend, it is easy to forget that there are hundreds of kids that go home after school with not only nothing to do, but also nothing to eat. To help this epidemic, OCCS is supporting the mission to provide easy to make snacks to these kids to take home afterschool. Please pass along the attached flyer and help us take care of some of the local kids that struggle with food sources away from school.

As always, if there is anything else I can do to help your meet go well, please don't hesitate to ask. I will be printing the meet programs on Wednesday afternoon for Saturday's sessions so, if you have any last minute changes to make (adds, scratches, etc.) please let me know by 6am on Wednesday.

Have a great week!

Aaron M Dean