

VISALIA SEAHAWKS

2009 Meet Requirements

- TEAM SIZE:** 160 Swimmers (2008)
- LOCATION:** Golden West High School Pool (See map on back)
- FACILITY:** 8-lane, 25-yard pool with starting blocks at each end. No warm up, warm down lanes will be available during meet.
- WARM UP:** Home team will warm up from 5:15 PM to 5:45 PM. Visitors will warm up from 5:45 PM. to 6:15 PM.
- START:** Meet will start at 6:30 PM.
- LANES:** Visitors will utilize the odd numbered lanes (1,3,5,7) Visitors will provide three (3) timers and one (1) recorder for each of your four lanes, as well as one stroke and turn judge.
- EVENTS:** We will swim unlimited heats of freestyle and backstroke, three heats of butterfly, breaststroke and IM, and two heats of relays. Please have your swimmers lined up and ready for their events in the designated staging area.
- PROTOCOL:** Only coaches, lineup personnel and swimmers in current events will be permitted on the pool deck. Spectators are not permitted on the pool deck.
- RULES:** CVRSL rules will govern the meet.
- COMPUTER:** We utilize the Hy-Tek Team/Meet Manager. Please e-mail your team roster one-week in advance of the meet to our computer facilitator, Molly Nedieriter, scoopmck@clearwire.net. Please bring a printed team roster, by age group, to the meet as well. At the meet, please have your swimmers identified with their ID number and initials, in **CAPITAL** letters, under their number on their right shoulder.
- RIBBONS:** We do not score meets. Ribbons, up to eight places in all events will be available at the end of the meet. Coaches or other team representatives may pick them up at the end of the meet.
- CONCESSIONS:** Concessions available featuring meals, snacks and beverages.
- ETIQUETTE:** Please clean up your area before you leave. Trash cans are provided. No running on pool deck. No glass containers, alcohol or smoking permitted.
- CONTACTS:**
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| President | Katherine Peltzer | 804-1337 |
| Vice-President | Lisa Hoover | 739-7067 |
| Coach | David Jacobs | 734-1427 |
| Computer | Molly Nedieriter | 738-0903 |

Thank you for your cooperation and assistance. We look forward to your visit.