

2025 Southern Division B-Champs

Thursday, July 24th 4:00 pm | Arbor Heights Swim & Tennis Club

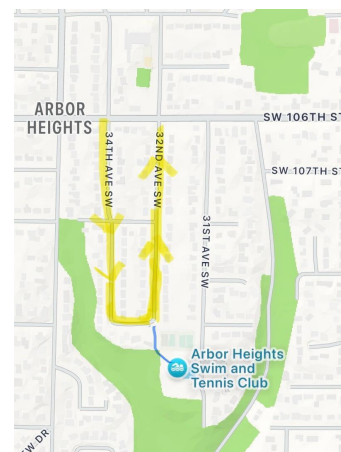
FAMILIES- WELCOME TO SOUTHERN B CHAMPS!

B-Champs is a fun meet with lots of spirit. This year's theme is: **Bands & Bands!** Load up your wrists with friendship bracelets so you can trade, and rock up to the party dressed like a rockstar! The plan is for fast swims, dancing to our favorite summer swim jams, and lots of smiles! Read on for everything you need to know...

ARRIVAL AND PARKING

Please avoid turning down 31st Ave SW unless you have a place to park, it's a dead end and it's hard to turn around. Instead- you can drop swimmers off by driving down 34th Ave SW. At 110th & 32nd there is a short walkway with stairs down to the pool. We will have a representative posted at the drop off point to direct swimmers

Parking in the surrounding neighborhood is a little challenging- please help us be good neighbors and avoid blocking driveways and or mailboxes, and mind any "NO PARKING" or cones/caution tape. Drive slowly on the side streets and watch for kids and other pedestrians. Carpooling is encouraged!



Team areas open at **2pm**, please do not arrive early as we will be busy setting up.

WARM UP SCHEDULE

TIME	LANES	TEAM
2:30 – 2:50 pm	1,2,3	Arbor Heights
	4,5,6	Gregory Seahurst
2:50 – 3:10 pm	1,2,3	Olympic View
	4,5,6	Normandy Park
3:10 – 3:30 pm	1,2,3	Marine Hills
	4,5,6	Lakeridge
3:30 – 3:50 pm	1,2,3	Twin Lakes
	4,5,6	Kent

MEET TIMELINE

2:00	team area opens
2:15	pool area opens
2:30	first warm up starts
3:00	coaches scratch meeting
3:30	officials meeting
3:40	timers meeting
3:50	pool is cleared
4:00	parade of athletes
4:10	anthem
4:15	meet starts

STAGING

We will be staging behind the blocks. At first call, swimmers should report to the clerk of course located at the south end of the pool, past the diving boards. Seniors need only check in at the clerk of course, they do not need to go through all the staging.

POOL LOGISTICS

Please encourage your swimmers to travel one way around the pool. Look for the arrows. Before your event, go past the diving boards towards, through Clerk of Course then out of the pool behind the bleachers back to the pool area. This will help manage congestion behind the blocks. We will allow warm up swimming in the dive tank, lap swimming only. If the dive tank becomes congested with many swimmers playing, we will close it to ensure safety.

CONCESSIONS

We will be serving burgers (beef or beyond), hot dogs, salads, and our famous carnitas tacos! We will also have plenty of candy, popsicles, cold beverages, and shaved ice! We accept card, cash, square cash, and Apple Pay.