



**1790 Lynwood Drive
Concord, CA 94519**

Meet start time	Warm-up time visitors	Warm-up GPST
Wednesdays 5:30PM	5:00 PM - 5:25 PM	4:30 PM - 4:55 PM
Saturdays 8:30 AM	8:00 AM - 8:25 AM	7:35 AM- 8:00 AM

Events and limits:

<u>Event</u>	<u>Meet Entry Limits</u>
15-18 50 Yard Free	2 heats
Medley Relay	1 heat
IM	1 heat
Freestyle	4 Heats*
Breaststroke	3 Heats*
Butterfly	3 Heats*
Backstroke	4 Heats*
Free Relay	1 heat

NOTE:

**For Saturday Meets: We may add additional heat(s) for all individual strokes to accommodate larger age groups.*

**Flyover starts are used for all 9 & up events except Backstroke*

**Due to water depth, all swimmers on the shallow end of the pool will begin in the water. That includes the 2nd and 4th swimmers in the 6 & under and 7/8 age groups for Medley and Free relays.*

**Due to water depth, timers will move to the shallow end of the pool for 25 yard races that mandate diving (including 6&under & 7/8 Free, Breast, & Fly).*

Meet entry limits:

Saturdays: Entries are limited to **3 individual events per swimmer**, including IM. (Head Coaches will input swimmers into events)

Wednesdays: Entries are limited to **2 individual events per swimmer, plus the IM. We will combine boys and girls relays so one A relay for each.** Coaches may choose a B relay for each age group, either boys or girls, which will fill the open lane, and we will do the same so we can get each age group done in one heat. (Head Coaches will input swimmers into events)

Declarations/ Commitments:

You will need to declare (edit commitment) for your swimmer for any dual meet or invitational they will attend by the assigned due date. ***If you do not declare*** your swimmer as attending, we will assume they are declining to attend and **they will not be placed in any events.**

IMPORTANT: Please declare your swimmer as attending/declining **ONE WEEK prior** to a dual meet. For invitationals, check your emails for deadlines for declaring commitment as they will require earlier notice/have earlier deadlines and incur additional fees.

Pool Information:

6 lanes, 25 yards.

All heats will be seeded fast to slow to maximize time.

Scoring:

Heat seeding is fast to slow.

Individual Events: 1st= 5 pts, 2nd= 3 pts, 3rd= 1 pt. All heats are scored.

Relays 1st= 6 pts, 2nd= 3 pts, only A relays

Rules:

Current USA Swimming technical rules for strokes will govern. [USA Swimming Rules & Policies](#)

Ribbons:

Individual Events:

- 12 & under only: 1st-3rd place ribbons
- We will continue to award 4th place ribbons & heat winner ribbons, *while supplies last*
- All ages- standard time achievers: Participation awards will be distributed to swimmers who achieve a new standard time (*while supplies last*)

Relay Events:

- Place ribbons for 1st and 2nd (A relay only)

Team Work Requirements: Please arrive 15 minutes before the start of the meet

- 1 Stroke and Turn Judge for the entirety of the meet, split into two shifts (2 total). All stroke and turn judges must attend the Stroke & Turn meeting before the start of each meet.
- 1 Referee & 1 Starter for the entirety of the meet, split into two shifts (2 total). All officials must attend the Stroke & Turn meeting before the start of each meet.
- 9 volunteers for timing: 6 will be timers, 3 will be timer/recorders (two shifts of 9).
Relief Timers/ Runners as needed.
- Shepherds for our clerk of the course. We will have a staging/ area for our younger swimmers near the coaches closet

** All timers and recorders for both teams are required to mute electronics during the meet.*

**No cameras or recording devices are allowed behind the diving blocks.*

**No parents should enter the area behind the diving blocks except when working as timers/recorders, runner or meet official.*

**Due to water depth, timers will move to the shallow end of the pool for 25 yard races that mandate diving (including 6&under & 7/8 Free, Breast, & Fly).*

**We will have an officials meeting with Meet Director, Stroke and Turn, Starter & Referee with Coaches before the start of the meet during warm-ups*

Pool Rules:

- No glass containers allowed on pool grounds.
- No smoking allowed on the pool grounds or in the parking lot.
- Swim meets must end by 1:30 pm on **Saturdays** due to our agreement with the neighborhood.
- Swim meets must end by 9:30 pm on Wednesdays due to our agreement with the neighborhood. No music played on speakers after 9pm.

- Diving pool is open for 13&up swimmers to warm up and cool down only.
- ***The shallow entry steps and baby pool are off limits during the meet.***
- ***The play structure is also off limits during the meet.***
- *No cameras or recording devices are allowed behind the diving blocks.*

Snack Shack:

A variety of hot and cold food, drink and treats will be available during the meet. We accept cash or Zelle (GPSTGatorsTreasurer@gmail.com).

If we have any specialty menu items, we'll share before the meet with the meet program.

Parking:

There is a small lot at the pool and plenty of street parking. Please be courteous to our neighbors and community gardens. Do not block driveways or gates as you will be towed.

Team Areas:

Visitors team area is on the grass on the north side of the pool adjacent to the dive pool. Home team area is on the grass between the pool and the play structure on the east side of the pool. (see map below)

Contacts:

Meet Director: Narae Shin -
gpstmeetdirector@gmail.com

Computer Tech: Daniel Shin -
GPSTdata@gmail.com

Meet Day Computer Desk: Brian Burnett

