

# Virginia State LC Championships

May 27-28, 2016

Here are some things you need to know re: the meet:

1) I will hand out "Scratch Sheets" to each club....this is the positive check in form, **HOWEVER**, I only want scratches marked on the paper...if the athlete plans to swim all events you do not need to do anything,

Leave the number blank (no circle). If an athlete intends to scratch an event, please just put a circle around that event number.

2) I combined the 13-14 events into the Senior events. By doing this, I cut about 16-20 minutes off the over all time line each session. That means there are no 13-14 events, just senior events. There are no awards or team scoring this year so hopefully no one has an issue with me doing this.

3) We will be running Chase Starts for all events / all sessions (except the 50's). By doing this we cut off about 1 hour of the time line for the 13&O sessions.

4) Please encourage ALL your officials to volunteer so we have enough Officials to run Chase Starts. This has not been an issue the past two years so keep up the good work please. **Officials can contact John Kost to Volunteer.** John's e-mail is: [marlinsofficials@gmail.com](mailto:marlinsofficials@gmail.com)

5) Time line is a little long on Saturday but Sunday looks fine. With Chase Starts we are pretty confident we can average about minus 15 seconds between heats, added to that scratches and we may be able to get out in about 5 hours or just a bit over.

6) There are two 10 minute breaks built into the 13&O sessions and one 10 min break in the middle of the 12&U sessions. There is no additional Warm-up / Cool-down water at Oak Marr Rec. Center.

7) There will be no Deck Entries accepted due to the size of the meet...Sorry.

8) The meet has been posted on Meet Mobile. Meet programs will be available thru Meet Mobile for \$9.99 for Spectators. Once the meet is seeded, we will update meet mobile to allow spectators to purchase the meet program. Pray for a good internet connection!

9) There will be no concessions at the meet, please inform your athletes so they can plan accordingly and be sure to clean up your team areas before leaving at the end of the session(s)

10) No deck chairs for athletes will be permitted... Deck Chairs for coaches are okay.

11) **Please make sure any coaches you have assigned to work the meet have all their credentials up to date...**I would hate to ask someone to leave the deck but those are the rules we need to follow.

12) **Please remember that there is no cell phone use permitted behind the starting blocks.** If you need to use your phone, please step to the side of the pool.

13) Remind female athletes that no suites with fasteners are permitted for competition (This includes ties).

14) The No Deck changing rule also includes female athletes changing into bikini tops under a t-shirt to go to cool-down. Any and all changing must be done in the locker rooms.

15) There will be two 30 minute warm-up sessions for each session...(6:30-7:00 a.m. & 7:00-7:30 a.m.) I will be assigning warm-up lanes for all 3 days of the meet. NCAP will have all 8 lanes for 30 minutes and the rest of us will share the remaining 8 lanes for our 30 minutes. NCAP will have the 2nd warm-up on Friday and Sunday and the first warm-up on Saturday.

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16) Volunteer sign-ups can be found here: <https://www.volunteerspot.com/login/entry/46857002064> Please encourage parents to volunteer to time. Designate 1st half and 2nd half timers if you want to.

17) Warm-ups for the 12&U session on Sunday have been moved up to 12:30 p.m. Please make a note.

I think that is it for now. Look for lane assignments soon.

Bill Marlin  
Meet Director