

CHAMPS 2009 INFORMATION FOR TEAMS

Refer to the GRAL web site for the latest updates

SENIOR SWIMMERS: Please send a list of your team's graduating seniors to swmridgway@gmail.com by July 14th if you would like them included in the heat sheet.

HEAT SHEET ADS: Initial ads are due Friday, July 10 to Suzanne Ridgway; 11513 Tottenham Place, Henrico, VA 23233. Minimal orders may be turned in July 18th. Total payment for ALL ads is due July 18th at registration.

PARKING: There will be a designated parking space for GRAL families at the Freedom Aquatic Center that will NOT be in front of the building. Follow signs and obey Parking Marshalls' directions. There will be a drop-off and pick-up designated area.

GYM CITY: Teams will be assigned space in the gym or racquetball courts based on the number of swimmers attending champs – NOT on the teams' regular season membership.

CLERK OF COURSE: Clerk will be run on the pool deck in front of the bleacher area only. All swimmers will enter the pool deck in front of the bleachers and exit the pool deck from the same side (there will NOT be lessons going on during champs this year).

WARM-UP LANES: GRAL has designated lanes that are rented by the league. These are to be entered by the outside wall end of the lanes ONLY.

TEAM ASSIGNMENTS: These will be posted on the web site/sent via the Champs Coordinator contact list as soon as they are completed – Monday afternoon at the latest.

WARM-UP TIMES: These will be posted on the web site/sent via the Champs Coordinator contact list as soon as they are completed – Monday afternoon at the latest.

T-SHIRT DESIGN: This will be posted on the web site by the end of the week.

HEAT SHEET & T-SHIRT PICK UP: From 5 – 6 p.m July 23 at Raintree. There may be an east end pick up site as well – watch the web site.

TIMERS: Bring watches if your team is assigned timing!

NAME TAGS: Please provide a name tag for each worker from your team stating their job (hand-written on a sticky name label works just fine)

LOST & FOUND: Collected items will be available at the Sept. board meeting

MEDALS: Only a COACH will be able to pick up medals from the medal room due to some being misplaced by teams last summer. This is the same room that coaches may leave personal belongings in during the meet and lunches will be picked up if pre-ordered.

ORDER OF EVENTS: Will be posted under Champs on the GRAL web site

LEN EVERETT: Votes will be turned in at Champs' Registration (Raintree – July 18)

COACHES AWARD: Votes will be turned in at Champs' Registration (Raintree – July 18)

QUESTIONS? Don't hesitate to ask – phone or e-mail.

