

G.R.A.L. 2009 Championship Swim Meet
George Mason University's Freedom Aquatic Center
July 26th and July 27th

Welcome to another year of GRAL Champs! This section includes information that will be helpful to your family during the weekend. If you have additional questions, please see your team's Champs Coordinator or designated team contact person.

Facility Use and Building Access

- o Only the first floor is available for our use. The second floor is strictly off limits.
- o Use of **non-swim meet** facilities (family pool, weight room, etc.) is available to GRAL families at a reduced guest fee. This fee is payable at the Freedom Center check-in desk located in the main lobby. Wrist bands will be issued and must be worn at all times in order to use the facilities as a guest. **Play pool wrist bands are \$4.00.**
- o The facility will be available to **coaches and workers** at 7:00 AM each day. Swimmers, families and spectators can have access by **7:30 AM** each day.
- o Swim coaches and parents, as well as swimmers, are responsible for their team's behavior. Unsafe, unruly, or unsportsmanlike behavior will not be tolerated.
- o **All swimmers are expected to leave the pool area after drying off and not to track water into the hallway when leaving the pool area.** This rule will be strictly enforced.
- o **All swimmers are expected to wear some sort of footwear to and from the pool area. In addition, all swimmers must have a TOWEL and pool-type SHOES when entering the pool area to swim or they will not be allowed in the pool.**
- o Locker rooms will be patrolled regularly by security to ensure swimmers do not misbehave or leave it messy.
- o No running is allowed within the facility.

Concessions

- o Concessions (breakfast/lunch) will be available in the community room located off the hallway leading to the pool.
- o Concessions will be open early for breakfast and remain open through lunch.

Clerk of the Course

- o The Clerk of the Course will be located on deck at each end of the warm up lanes. Clerk for lanes 1 – 5 is on the outside wall area and lanes 6 – 10 will be in front of the bleacher area. Please advise your swimmers that this is a **quiet zone**. When swimmers enter this area, they are expected to be quiet and pay attention.
- o Please make sure that all of your swimmers know their event number, heat, and lane assignment. The Clerk will be calling swimmers only by these numbers. **IT IS THE SWIMMER'S RESPONSIBILITY TO GET TO THE PROPER PLACE WHEN HIS OR HER EVENT/HEAT IS CALLED. You may write it on the back of children's hands.**
- o For Mite Relays, we will need the usual Parent Helpers to assist the children in getting to the proper ends of the pool. Only 2 parents per relay team are allowed on

the deck.

Gym City and Racquetball Court

- o Gym City and Racquetball Courts are for team use. Teams are assigned spaces based on the number of registered (for the meet) swimmers. All teams are expected to honor the boundaries of their designated space. A diagram will be posted at the gym doors to help swimmers identify and locate their team spaces. Please tell your swimmers not to "cut through" other teams' spaces and to use the designated walkways.
- o Space is limited. It is highly recommended that each team take steps to limit the number of chairs and bags being brought in by families.
- o **All teams are required to clean their spaces and remove all belongings at the end of each day. Neither the Freedom Center nor GRAL will accept responsibility for any lost or stolen items. Failure to fully clean and remove belongings from one's space at the end of each day will result in a \$100 fine to the offending team.**
- o All teams in the Racquetball Court are required to bring tarps to cover the floors. Please remember that these floors are more susceptible to damage than the gym floor.
- o Teams in the Racquetball Court do not have the benefit of a PA system, so it is advised that swimmers pay attention to what event is behind the blocks and in clerk.

Hospitality and Medal Room

- o The Hospitality/Medals Room will be in the last Racquetball Court.
- o Medals will not be available until at least 30 minutes after the results have been posted.
- o GRAL will provide two medal boxes for each team. Team medals will be placed in the team's medal box. In order to remove the team's medals from the Medal Room, a designated parent will replace the 1st medal box with the 2nd empty medal box. A medal box **MUST** remain on the table at all times. Medals may be picked up periodically (no swimmers, please).

Event Results and Scoreboard Display

- o Please remind your swimmers and parents that the order of finish displayed on the scoreboard is not official.
- o Official results will be posted in the hallway across from the racquetball courts.
- o In the past, touch pad timing errors led to some confusion in determining the proper order of finish. US Swimming rules provide specific remedies for resolving these errors. This process is outlined in the heat sheets.

Bleacher Etiquette

- o The facility boasts permanent bleacher seating for about 500 spectators. The three sections closest to the starting blocks will be reserved for short-term viewing. Spectators may sit with their belongings further down the bleachers.
- o Please do not stand on or in the bleacher walkways or steps. Walkways must be kept clear of people and belongings.
- o **DO NOT STAND AT THE RAILS ANYWHERE ALONG THE BLEACHERS, INCLUDING AT THE END OPPOSITE FROM THE COMPETITION POOL. IT BLOCKS TRAFFIC AND RESTRICTS OTHERS' VIEW!**

Workers, Volunteers and Officials

- o All teams are expected to honor their assignments and provide the workers necessary to run the meet.
- o All workers, volunteers and officials must pick up and wear their nametags/identification badges when on the deck. Badges will be available at the referee table. No one (except Mite Relay Parents) will be admitted on the deck without proper identification.
- o Coaches are also required to wear their nametags when on the deck. These nametags must be worn as designed so that they are readily visible and readable by all Meet Officials and Security personnel.
- o Reporting times for workers are listed below. It is very important that workers report on time. This is especially critical in the transition from the morning to the afternoon sessions.
 1. Announcers
 - a. Session I/III — 8:00 AM
 - b. Session II/IV — 1:00 PM
 2. Clerk of Course Workers
 - a. Session I/III— 9:15 AM report to benches near warm up pool
 - b. Session II/IV — 12:55 PM report to benches near warm up pool
 3. False Start Rope
 - a. Session I/III — 9:45 AM – report to meet director (VP of Champs)
 - b. Session II/IV — Report to meet director (VP of Champs) 1:10 PM
 4. Gym City
 - a. Session I/III — 7:00 AM
 - b. Session II/IV — 1:00 PM
 5. Hall Monitor
 - a. Session I/III — 8:15 AM report to the end of the hall
 - b. Session II/IV— 1:00 PM report to the end of the hall
 6. Head Timer
 - a. Session I/III — 9:30 AM report to referee table
 - b. Session II/IV — 1:00 PM report to referee table
 7. Medals
 - a. Session I/III — 10:30 AM report to Hospitality Racquetball Court
 - b. Session II/IV —2:00 PM report to Hospitality Racquetball Court
 8. Runners
 - a. Session I/III — 9:25AM report to the referee table
 - b. Session II/IV — 1:00 PM report to the referee table
 9. Security
 - a. Session I/III — 8:30 AM report to the referee table
 - b. Session II/IV — 1:00 PM report to the referee table
 10. Timers
 - a. Session I/III — 9:35 AM report behind the blocks
 - b. Session II/IV — 1:05 PM report behind the blocks
 11. Deck Water
 - a. Please have ice in coolers available by 9:00 each day. Remember to check coolers to stock water and ice periodically as well as **distribute to officials**

frequently. Water is provided by the VP of Champs. Morning and afternoon duty teams can coordinate cooler use each day.

Team Banners

- o Team banners that are turned in the VP on Champs by Thursday prior to meet weekend will be given to the lifeguards on Friday night for display. Please do not hang banners yourself in the pool area or gym walls. **No Advertising on Banners!**
- o Each team is responsible for picking up team banners on Sunday afternoon.

Coaches

- o No chairs on the pool deck.
- o Warm up times and lane assignments are printed in the heat sheet. Please honor your warm up time and lane assignments. No lane jumping allowed.
- o The Order of Events will be posted on the website as well as printed in the heat sheet.
- o This year we are swimming all events in meters.
- o The first event hits the water at 10:00 AM each day.
- o Remind your swimmers that there will be announcements for the events only. There will be no announcements for individual swimmers or relay teams to report to clerk. It is the responsibility of the swimmer to report on time.
- o Please be respectful of all coaches, workers, officials, teams, swimmers, and volunteers. Do not speak to the Strokes & Turns Judges.
- o GOOD LUCK TO ALL!

Parents

- o Cheer hard for your child and understand that they are trying their best. Remember that they are swimming against the best in the league and not just a few good swimmers from one team.
- o Be respectful of our coaches, workers, officials, and other volunteers. Everyone has worked hard this season to make it a good one. Let's finish on a positive note. Be an example for your child and others. And, have some FUN!
- o Please take a minute to complete the survey located in the heat sheet and give it to your parent rep or complete it on-line at www.gralva.com.

Thank you to everyone who has contributed their time and talents to the meet this weekend. We hope your child swims his or her best and has a great meet.