

Meet Sheet

- Timing:** Saturday July 21, 2007; meet begins at 9:00 AM.
- Place:** Stanford University
Avery Pool
Stanford CA, 94305
- Course:** Outdoor, 25 meter pool with bulkhead. 8 lanes short course (25 yard) will be used for competition. Automatic timing system; touch pads and timing buttons will be set at the standard location. 25 yard events will start at the bulkhead side of the pool and finish at non bulkhead ("standard") end of the pool. All relays will start and finish at the standard (non bulkhead) end of the pool.
- Timing Protocol:** In general the primary timing system will be the electronic touch pad. There will be one timing button and 2 manual stop watches per lane for backup. Exception for 6 & Under and 7 & 8 age groups: For all 8 and under events, the electronic touch pads will be turned off. The primary time will be generated from the timing button. In addition, there will be 2 backup manual stop watches per lane.
- Check-in:** There is no formal swimmer check-in this year. We will not be making adjustments to the heat/lane assignments the day of the meet. However, coaches are to submit a scratch list by 8:30am the day of the meet. Therefore, it is up to your team how you want to conduct swimmer check-in for your team. A check-in table will be provided for your use. Meet day entries will not be allowed. If a swimmer fails to show up for an event, that swimmer may be barred from swimming in the next event.
- Warm-ups:**
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|--------------|---------------------------|------------------------|
| 7:30-7:55 am | Cupertino Hills Lanes 1-4 | Eichler Lanes 5-8 |
| 7:55-8:20 am | Brookside Lanes 1-4 | Greenmeadows Lanes 5-8 |
| 8:20-8:45 am | Saratoga Woods Lanes 1-4 | Laurelwood Lanes 5-8 |
- There will be 3-4 lanes on the non competitive side of the bulkhead (no blocks) for warm-ups/warm downs during the meet for 11 and older swimmers only. There is absolutely no diving or jumping in this warm-up area. A "three point entry" (keeping your hand on the side of the pool) is required in this warm-up area. Please explain this rule to your swimmers in advance.
- Events:** The same 54 events as in the dual meets.
- Rules:** Swimmers may compete in up to 3 individual events and each team can enter one relay team per relay event. Relay teams must be submitted to the head table by the beginning of breaststroke.
- Eligibility:** Swimmers must have competed in at least two JSSL meets during 2007. Meet entries must be submitted through the team representative by 10:00 AM July 16.
- Heat/Lanes:** Heat and lane assignments will be available first thing in the morning and will be posted at various locations throughout the center, including the swimmer check-in area. Swimmers need to write their heat/lane assignments on their arms and report to the clerk of the course in plenty of time.
- Scoring:** Individual and relay points awarded for 1st thru 6th: 9, 7, 5, 3, 2, 1
Teams points accumulated (individual and relay events) for team award.
Individual points for individual events only – awards given to top 2 per age group category. Ribbons are awarded for 1-12 places for individual events, 1-6 places for relay events.
- Concessions:** Food and drink will be sold by Stanford concessions. Food is not allowed on Deck. Alcohol and smoking are prohibited.

No food or glass products allowed in the pool area or locker room area.