



2010 Championship Meet Information Sheet

RCSL 6 & Under Championships - Thursday, July 28, 2011

RCSL Championships ("Big Champs") - Friday, Saturday & Sunday, July 29 - 31, 2011

Meet Location:

The Cecil Field Recreation Complex Aquatic Center
 13531 Lake Newman Drive & 13611 Normandy Blvd.
 Jacksonville, Florida
 (See Map to Cecil Field Facility on page 4)

Meet Schedule:

Day & Date	Warm-up	Events Start	Age Groups	Events to Swim
Thursday, 7/28	3:00 p.m.	4:00 p.m.	6 & Under Champs	Freestyle, Backstroke, Kickboard & Freestyle Relays
Friday, 7/23	3:00 p.m.	4:30 p.m.	ALL (8 & Older)	100 IM & Butterfly (Butterfly for 9 & Older Only)
Saturday, 7/24	7:30 a.m.	8:30 a.m.	11 & Older	Breaststroke, Short Freestyle & Backstroke
Saturday, 7/24	12:00 p.m.	1:00 p.m.	10 & Younger	Breaststroke, Short Freestyle & Backstroke (& 8&U Butterfly)
Sunday, 7/25	7:30 a.m.	9:00 a.m.	ALL	Long Freestyle, Medley Relay & Freestyle Relay

Warm-ups & Approximate Time Line:

Warm-ups

We have been assigned two lanes for warm-up for all sessions of the Championship Meet as shown below.

Diving Well	Course #2								Center			Course #1							
	8	7	6	5	4	3	2	1	C	B	A	8	7	6	5	4	3	2	1
BMST, JCP & BAC	BMST	JCP	BAC	EFST	EAJ	TFS	FFST	WST	WST	FFST	SJCC	SJCC	PVST	RHST	AWST	DST	OTST & JCA	TYC & DSC	ASC & USA

We will be using those lanes for each session. As a result, we will be trying to divide the team up into manageable size groups for each warm-up period (with the exception of the Thursday night 6 & Under Meet, when everyone will warm-up together in whatever lane we can get). **IT IS VERY IMPORTANT THAT ALL SWIMMERS BE ON DECK READY TO START THEIR WARM-UPS (CAPS & GOGGLES ON, T-SHIRTS OFF, ETC.) AT THE TIMES SHOWN AS WE HAVE ABOUT 20-30 SWIMMERS TO WARM-UP IN EACH GROUP.**

Our schedule for warm-up will be:

- **Thursday Night** - 3:00 to 3:50 p.m. - ALL 6 & under swimmers
- **Friday Night** - 3:00 to 3:20 p.m. - All 7 & 8 year old swimmers; 3:20 to 3:45 p.m. - All 9 & 10 year old swimmers and all 11 & 12 year old girls; 3:45 to 4:20 p.m. - All 11 & 12 boys and 13 & older swimmers.
- **Saturday Morning** - 7:30 to 7:55 a.m. - All 11 & 12 swimmers; 7:55 to 8:20 a.m. - All 13 & older swimmers.
- **Saturday Afternoon** - 12:00 - 12:25 p.m. - All 9 & 10 Swimmers; 12:25 - 12:50 p.m. - All 7 & 8 swimmers
- **Sunday Morning** - 7:30 to 7:50 a.m. - All 7 & 8 year old swimmers & all 9 & 10 boys; 7:50 to 8:15 a.m. - All 9 & 10 girls and all 11 & 12 year old swimmers; 8:15 to 8:50 a.m. - All 13 & older swimmers.

Approximate Timelines

The League's Chief Scorer has published a tentative timeline for each session of the meet. That timeline is now posted on our web site for you to use to estimate the **APPROXIMATE** times that each event will start. Please note that the **times could be off by as much as 30 minutes either way** as the sessions progress - the time line assumes we start on time and everything goes smoothly! For general information, the approximate start and finish times **from the 2009 timeline** for each session are:

- **Thursday Night** - 3:00 p.m. warm-up; Events start at 4:00 and should finish around 7:00 p.m.
- **Friday Night** - 3:00 p.m. warm-up; Events start at 4:30 and should finish around 8:00 p.m.
- **Saturday Morning** - 7:30 a.m. warm-up; Events start at 8:30 and should finish around noon.
- **Saturday Afternoon** - 12:00 p.m. warm-up; Events start at 1:00 and should finish around 4:15 p.m.
- **Sunday Morning** - 7:30 a.m. warm-up; Events start at 9:00 and should finish around 2:15 p.m.

Please remember that the finish times are ESTIMATES and allow additional time in any plans you make

Entries & Heat Sheets:

Entries

Our entries are submitted as of the League Deadline of Friday, July 15th. The entry **AS SUBMITTED** is posted on the web site. Remember, each swimmer can swim 5 individual events (out of 6) and 2 relays in "Big" Champs and 3 individual (out of 3) and 1 relay in the 6 & Under meet, Swimmers entered in the 6 & Under meet may only swim relays in the "Big" champs and some of ours will do so. Once the entry is submitted to the League, we **cannot** make any changes..

Relay Events

All of the relay events this year are again on Sunday. Relay team names will be posted in the tent shortly before the event is called to the Clerk of Course. All 6 & Under, 8 & Under and 10 & Under relays require parental escorts to the Clerk – parents of these swimmers should sign-up for these assignments at Championships. Also, **please don't assume you are not on a relay and leave without checking with the coaches.**

We have posted TENTATIVE relay teams on the web site just to give everyone an idea of what the relay teams may be; remember that the final relay team members will be assigned **based on performances at Championships** so each swimmer has an equal chance of being on a relay. We will try our best to post the final relay team assignments on the web site on Saturday night and they will be posted in the tent during warm-up on Sunday.

Heat Sheets

Heat sheets for 6 & Under Championships are sold at the meet. The heat sheets for the Championships are being pre-sold again this year. **We had to turn in our order for these by the July 20th but did order 2 or 3 extra in case someone forget to sign up for theirs.** We hope to have them to hand out at Wednesday's practice or at Cici's. Included in the heat sheet is a map of the pool area showing the "Tent City," Clerk of Course, concession area, parking areas, etc.

Team Tent, Concessions & Parking:

Team Tent

"Tent city" will be arranged in a single row along the ball field fences to the east of the pool area and around the reserved parking lot again this year. We will be in the same place as last year in 30' x 30' tent. Swimmers and their families are encouraged to make this their "base of operations" during the meet as this makes it easy for the coaches to find people. Swimmers are especially urged to REST here as it provides some shelter from the sun.

With everyone there at the same time on Friday and Sunday, please be courteous to one another and allow the athletes room so they can stay out of the sun. If any families have small, canopy-type pop-up tents that we can set up alongside our team tent to "expand" the tent, please bring them and we'll try to make room for all.

Electrical outlets will again be provided by the League but the amount of power available is limited; if anyone has a large fan, we can really use it to help move the air under the tent. These would have first priority for the electrical outlets. Generators are not allowed at the meet due to the noise and emissions.

Food, Drinks & Other Necessities

While the concession stand will be selling food and drinks, you may wish to bring a cooler with juice, Gator Aide, water, fruit, veggies and other nutritional snacks, an umbrella or rain poncho, **SUN SCREEN** (even though the meet is indoors & we have the tent, you'll be surprised by the number of folks that get bright red during the

weekend), magazines, books, cards, blankets, pillows, sleeping bags, lawn chairs, etc. Another good hint is to bring a luggage carrier or wagon to haul all this stuff between the tent and your car (see parking details below).

Total Team Wares and Baker Sports will be the "swim apparel & equipment" vendors at the meet and each should have a tent near the concession stand with goggles, caps, t-shirts, suits and lots of other neat stuff. University Swim Association sells meet t-shirts for \$15.00 each year - some of our veteran families have quite the collection of past year's shirts!

Parking

Parking is always a problem at this meet, especially on Friday and Sunday when all the age groups are there at the same time. As in the past, only the meet officials and those with RCSL passes will be allowed to park in the reserved lot near the pool. General parking near the aquatic facility will be 400+ spaces in a paved lot across the main entry roadway from the pool on the Equestrian Center (west) side of the property.

If you cannot get into this area, you will have to park in the Equestrian Center's 250 space North Parking Lot, which is about 1/4 to 1/3 mile up the main entry roadway (just keep going down the drive you entered on - there should be police directing traffic). This will result in a long hike to the team area and pool and you may want to drop off as many passengers, particularly competitors, as possible in the designated drop-off area before going to this lot. Car pooling with neighboring families is always a good idea, as is getting there early.

Coaches' Races & Over-the-Hill Relays:

Weather and time permitting, there will be the Coaches' races and Over-the-Hill relays for the parents at the conclusion of Sunday's events. We have participated in these and I believe we are now the seven-time defending women's O-T-H champs and the four-time defending men's champs as well. This year, each team will be allowed at least two entries each in the women's and men's O-T-H events. We usually have some sort of time trial (25 Freestyle) for any parents interested in participating – this year we will hold it on Monday and Tuesday (7/19 & 20) at 6:15 p.m. between practices. All parents, regardless of swimming ability, are encouraged to sign up for this fun event.

With our young coaching staff, we should also be fairly competitive in these races as well. We encourage all our families to stay and cheer on the coaches and parents that are brave enough to participate in these events!!

Championship Meet Afterglow

Arrangements are set for our annual Championships Afterglow. Every year we have an "afterglow" party to celebrate the end of another great Championship meet. It is held on the Sunday of Championships (July 26th this year) at a time that allows everyone to go home, clean up and put on their party faces and outfits!

We are again going to the Sneakers at 8133 Point Meadows Way (near 9A and Baymeadows). They are looking forward to hosting us and our DJ again this year. We should try to start gathering around 7:00 p.m. with our DJ starting the music shortly thereafter. We'll keep things rockin' until 9'ish and we need to clear out by 10:00. We do like to have an approximate head count on Sunday afternoon for our host facility so they can adequately staff for us. If you know you are going, you can go to the web site and complete the online form or you can sign up in the team tent at Championships.

Please let us know if you have any suggestions, questions or if you want to sign up to help with this event.

Other Important Stuff

Pizza Party

As the final step in preparing for Championships each season, we hold a Pizza Party for the team families following one of our last practices before Championships. We have held this event at the clubhouse at Hampton Glen the past few years but the size of the team made that impossible last season, when we held the party on Tuesday, July 21st at JCDS.

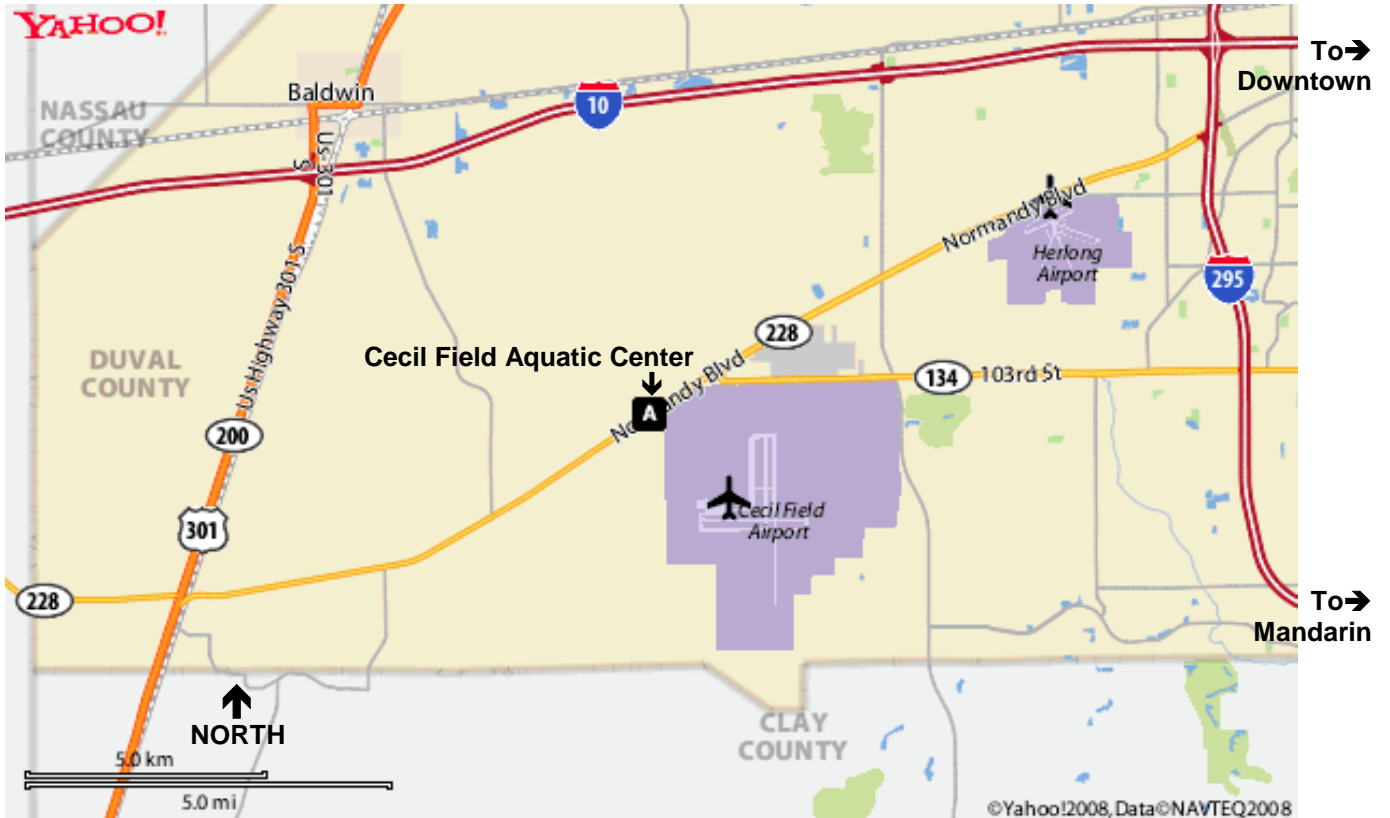
This year we will again be going to Cici's Pizza on Baymeadows Road just west of Southside from 6:30 to 8:30 p.m. with each practice group joining in as they finish their practice. Each person should be prepared to pay for their meal (around \$5.00 without a drink) at Cici's where everyone will be able to eat all they want.

Cici's will be donating 10% of all the receipts from our team members back to the team so please let them know that you are with the Baymeadows Swim Team when you place your order. Flyers will be handed out at practices with all the details. Check with the coaches if you have any questions. The coaches will be available to explain what happens at the meet to the moms and dads of these swimmers at that party as well.

Shaving Party

Due to the many changes in the Championship meet and the smaller number of older swimmers on the team that would actually be "shaving down," this year, like the past three, we will ***not*** be having a formal Shaving Party; instead, we want everyone to come to the Pizza Party (above). Our older swimmers are still encouraged to do all the necessary things to get ready for the meet on their own or with their friends on Thursday or during the day on the Friday their meet begins.

Map to the Cecil Field Aquatic Center:



2011 Pool Area Map including Tents
(For both the 6 & U and "Big" Championships)

