

2008 Trident Conference Swim Meet Information Sheet

July 20, 2008

Neuqua Valley High School ("NVHS")

Check in time:	7:00 a.m. in the NVHS cafeteria - Team Set-up in Gym
Morning warm-up time:	7:30 a.m. Lanes 5 - 8
Morning volunteer check in:	7:45 a.m. - See Karen Miller in the cafeteria
Morning meet start:	9:00 a.m. (individual events only #11 - #60)
Afternoon warm-up time:	30 minutes after the end of the morning session (final heat of event #60). Please check with your coach for the exact start time. Lanes 5&6.
Afternoon volunteer check in:	Approximately 45 minutes after the end of the morning session (final heat of event #60)
Afternoon meet start:	Approximately one and a half hour after the end of the morning session (final heat of event #60).

The Trident Conference voted this past winter to change the format back to the original preliminary/final meet format. Preliminary events 11 - 60 will be raced in order in the morning. Dive events will observe **fly-over starts** in the eleven and up age groups; tell your swimmers to wait in the water while the next heat is started; Freestyle, IM, Breast Stroke, Butterfly. The Coaches will go over this format in more detail in practice.

The afternoon will be run as a final championship meet. The top 8 swimmers from the morning's individual preliminary events will swim in the final championship meet in the afternoon. There are a few alternates for each event so stick around and check with your Coaches to see if there are any scratches as your swimmer might still make the final meet. The afternoon meet will be run like a regular dual meet starting with #1 Girls 8 & Under Medley Relay and finishing with the #70 Boys 15 - 18 Freestyle Relay. There will be only 1 heat for each event.

The bullpen format has not changed from previous years but it is much different than the regular dual meets. Parents are not permitted in the bullpen area or on deck at anytime, unless you are an Oakhurst parent volunteer for bullpen or timing.

Oakhurst and Stonebridge will be setting up our team areas in the gym again this year. For those of you that are new, when you walk into Neuqua you will go down the hall just a bit and turn into the gym on the left. It is right across from the entrance to the pool and pool locker rooms. Because of this change we will need to change our team Bullpen procedures a little. We will not be joining the conference bullpen area until the group comes down to the gym. Please pay attention to the events that we are bullpening in the gym, not the concession area. There will be bullhorns in the gym and they will be announcing the events in the gym. This is the same way as we handled it last year for those of you that attended last year.

If you have any questions, please see Pam Turner or Dixie Herman. Dixie will be the first person to run our team bullpen and has handled it a few times this year. Please pay attention to Dixie in the team area. It will be a little confusing to start but it will all calm down after the first few events. Other bullpen volunteers are Lori Zielke (10am - 12pm) and Erin Schmitt (1pm - 3pm).

Trident conference t-shirts will be for sale at the meet. Kiefer Swim Supplies will also have a table set up so you can pick up all of your swimming needs. The concession stand will be open from 7:00 until the end of the meet. It is located in the cafeteria. This is one of the conferences main fundraising events so please support our conference.

For the new parents - Although the pool area is air conditioned, it gets VERY HOT in the stands and on deck for volunteers. Please dress accordingly!

Suggested items to bring:

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| 1. Sleeping bag for the cafeteria floor | 5. Water |
| 2. Several towels for morning and afternoon sessions | 6. Carrots/veggies |
| 3. Fruit | 7. Cards/small games, etc. |
| 4. Gatorade | 8. Newspapers/magazines |
| | 9. Fold up chairs for parents |

PLEASE DO NOT BRING ANY VALUABLES!!!! The cafeteria is a wide-open area and not monitored.

Please contact Coach Mike or Pam Turner if you should have any questions this weekend.

Mike Steele

630-849-5988

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Pam Turner

312-203-6668

Pamela.Turner @ GE.com



We look forward to seeing everyone there and we hope that all of our swimmers swim fast and have fun!