

2023 Saturday Free Fest Detailed Information

Session #1 – 12&U Meet

Warm Up #1

7:20-7:50am – **PS** (4 Deep Lanes + Block Lanes 4-9), **RAQ** (Block Lanes 0-3)

Warm Up #2

7:50-8:20am – **NCA** (4 Deep Lanes + Block Lanes 6-9), **Trinity** (Block Lane 5) **Bay Club** (Block Lanes 2-4), **MSDY** (Block Lanes 1-0)

Warm Up #3

8:20-8:50am – **Heartland** (4 Deep Lanes + Block Lane 8-9), **CALI** (Block Lanes 5-7), **ICAC** (Block Lanes 3-4), **Fallbrook** (Block Lane 2) **SWIMX** (Block Lane 1)

There will also be 4 shallow lanes with only 1 turn wall available that will be overflow for teams that need a little more space.

Meet Timeline:

Estimated 9am-12:30am – 500s Start around 11:30am.

Lane Timing Assignments

Please have timers available from 8:50am-1pm just in case the timeline goes late. (which it does for Free Fest often). We may be asking the 500 Freestylers to provide their own timers.

1 – Bay Club 1 Chair, CALI 1 Chair

2 – Heartland 2 Chairs

3 – PS – 2 Chairs

4 – PS – 2 Chairs

5 - PS – 2 Chairs

6 – NCA – 2 Chairs

7 – NCA – 2 Chairs

8 – NCA – 2 Chairs

9 – ICAC 1 Chair, RAQ 1 Chair

Session #2 – 13& Older Session

These Times are estimates. Warmups will start after the morning session concludes, but not before 11:40am

Warm Up – There will only be 1 warm up session following the 12U Session

Lane Assignments – **NCA** (3 Deep Lanes + Block Lane 8), **Heartland** (1 Deep Lane Block Lane 9), **Bay Club** (Block Lane 7), **SwimX** (Block Lane 6)- SWMX and Bay will share Block Lane 5

Renegade (Block Lane 4), **Fallbrook and Trinity** (Share Block Lane 3), **Cali** (Block Lane 2), **MSDY** (Block Lane 1), **ICAC** (Block Lane 0 – You will need to share a block for starts with Lanes 1 or 2 as Lane 0 does not have a block)

There will also be 4 shallow lanes with only 1 turn wall available that will be overflow for teams that need a little more space.

Meet Timeline

Estimated 1:30-3:40pm. 500s Start around 2:50pm

Lane Timing Assignments

Please have timers available from 1:50-5:15pm just in case the timeline goes late. (Which it does for Free Fest often.) We may be asking the 500 Freestylers to provide their own timers.

1 – SWIMX – 2 Chairs

2 – Bay – 2 Chairs

3 – NCA – 2 Chairs

4 – NCA – 2 Chairs

5 - NCA – 2 Chairs

6 – NCA – 1 Chair, ICAC 1 Chair

7 – Heartland 2 Chairs

8 – Cali 1 Chair, MSDY 1 Chair

9 – Renegade 2 Chairs

Facility Details

Warm Up – There are floating walls in this pool for additional warm up in the deep-end. Coaches need to remind their swimmers **not to hang on them during team warm up or during the meet** as they are easily dislodged and hard to fix.

Swimmers are not allowed to swim underneath the wall to get into the deepend. **COACHES ARE EXPECTED TO GO OVER THIS EXPECTATION WITH THEIR SWIMMERS OR WE WILL BE FORCED TO CLOSE THE DIVING WELL.** This is traditionally a great place to stage and wait for a race. Just follow the rules.

Locker Rooms and Bathrooms are for ATHLETES ONLY

Parents, Coaches and Adults need to use the Family Bathroom Stalls next to the entrance and Splash Pad. Athletes should not USE these stalls. There are changing stalls and showers in the locker room instead.

Tarps and Team Areas

Pool will Not Open until 6:45am Saturday Morning. YOU will NOT be allowed to drop off tents on Friday.

Team Canopies must be in the pool area and not out in the park.

No Team/Parent Canopies may be set up in the following areas: Along any of the building sides of the pool, splash pad area, out in the park.

There will be coach's tables and chairs available at this meet along the shallow side of the pool. You can set up coach's canopies over those tables only.

Hospitality and Snackbar

There will be an outside food vendor for a cash snackbar. Hospitality will be tickets for coaches and officials to get something from the vendor.

Parking and Overflow

Please see map for parking overflow areas. The parking lots around the pool will fill up. Please look at the parking overflow areas in advance. There are larger parking lots at the Boys and Girls Club and City Hall. There may be some areas in the Parking LOT that are off limits.

DO NOT PARK IN AREAS RESERVED FOR MAINTENANCE AND OTHER ACTIVITIES. THEY WILL BE USED ON WEEKENDS. Coaches, please send out something for your parents to remind them of this. There are NO SPECIAL PARKING SPOTS FOR PEOPLE THAT FEEL ENTITLED.

Clean Up

Coaches are required to make sure their area is clean and clear before leaving. Please make sure your team areas are picked up of trash as well as your coaching area.

Coaches – Please pick up Ribbons before leaving 12U Session