

2024 CAST April 13-14 BC
Meet Information
HELIX CHARTER HIGH SCHOOL

Coaches and team administrators:

Please distribute this to your families that are attending the meet.

Tarps and Team Areas:

Teams are allowed to set up in locations that doesn't affect the safe and effective flow of traffic or cover the snack bar area. Teams may set up outside the pool area. Canopies set up outside the pool area are not recommended to be left out Saturday night.

Safe Sport: No photography behind the start area/blocks. No parents behind the start area/blocks unless timing.

Check in: Opens at 7:00 am. Check in is required for all events and closes each morning at 8:30. ONLY swimmers and Coaches are allowed in the check in area. NO PARENTS ALLOWED IN THE CHECK IN AREA.

Bathrooms: Bathrooms are for swimmer and adult use. Due to this, no swimmer changing is allowed in the bathrooms. Teams should bring personal changing tents. Swimmers can change in the single use bathrooms between the pool and baseball field.

Clean Up:

Coaches/Teams are required to make sure their area is clean and clear before leaving.

Full Snack Bar will be available

500 freestyle

Swimmers in the 500 freestyle events will need to provide their own timers and a counter. Since we need two timers per lane. It would be helpful if timers can help each other out by timing for a second or third heat when possible. (the kids need to cool down and talk with their coaches anyway).

Timing System

At this meet, We will be utilizing the Time Drops timing system at the meet. Unlike our meet in October, we will have touchpads to use. It is likely that we will have the scoreboard at this meet. One of the advantages of this system is that your phones also become a scoreboard. You will be able to see running times of the heats from any location as well as names and results of the swimmers. **These results are unofficial**, as you will be seeing the raw data as

it comes into the meet admin. The official results, as usual will be posted on the wall, after being checked and verified as well as adjustments for DQ's.

Meet mobile will also be available at this meet.

Make sure you charge up your phones in advance. Please visit the google play store or the apple store and download **Time Drops Live!**. **Once we seed and load the meet** (right at meet start) you will be given the four-digit access code and will be able to see all of the heats, heat results, and switch back and forth between heat results view and the live scoreboard view.

Estimated Meet Length

Saturday the 100 IM's should be over about 11:45, and then there 6 or 7 heats of 500's.

On Sunday, the 200 Frees are over about 11:25.

Warm-up notes

The pool has 8 regular lanes, plus a 10 foot wide 15 yard area. The diving well is approximately 12 x 15 yards, and should be used under strict control and supervision of a coach during warmup. Please do not have your swimmers do backstroke during warmup as there are no flags in the diving well.

Warm-up Saturday

Warmup 1 7:05-7:40: CAST, SWMX
 Warmup 2 7:40-8:15: JBST, RST, Ryan Y, TAQ, WIND
 Warmup 3 8:15-8:50: FAST, ICAC, OSC, RSD

Warm-up Sunday

Warmup 1 7:05-7:40: CAST, SWMX
 Warmup 2 7:40-8:15: JBST, RST, Ryan Y, TAQ
 Warmup 3 8:15-8:50: FAST, ICAC, OSC, RSD, WIND

Timing assignments

Saturday

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
ICAC	JBST	JBST	RST	RSD	RSD	RSD	SWMX		
ICAC	JBST	JBST	RST	RSD	RSD	RSD	TAQ		

Sunday

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ICAC	JBST	JBST	RST	RSD	RSD	RSD	SWMX
WIND	JBST	JBST	RST	RSD	RSD	RYAN	TAQ

We again have rubber ducks for heat winners. Swimmers can present their rubber ducks at the snack bar for ½ off hot chocolate.

Helix Charter High School
Best pool access (by far) is from the back of the school - see map.
From 70th street or From Massachusetts...take university Ave to Lowell street. Turn south on Lowell to the school's back parking lot.
See Picture for pool location.



See you at the pool.

--- The CAST Team ---