

**2024 SI JBST All Ages NTS**  
**Meet Information**  
**January 20-21, 2024**

Lawrence Family JCC / 4126 Executive Drive / La Jolla, CA 92037

**TARPS AND TEAM AREAS:**

The pool deck will open at 6:50 am with the first warmup beginning at 7:00am. Everybody must enter the pool deck through the blue gate located on the west side of the building through the Executive Dr parking lot.

Team tarps/canopies are NOT allowed on the pool deck. All team tarps and canopies will be set up on the field that is directly behind the bleacher side of the facility

Coaches' tables, chairs, and canopies will be provided and set up.

Parents can set up outside the pool area on the field. The deck will be for SPECTATING ONLY. No lawn chairs or canopies will be allowed.

**HOSPITALITY AND SNACK BAR**

We will be offering a full-service coffee shop/cafe inside the building. The Bean will be open throughout the duration of the meet to offer handcrafted beverages and food.

Hospitality will be available for Officials and Coaches located in the Meditation Room inside the facility. This room can be located in the main hallway of the building.

Food truck will be in the front parking lot.

Pressed Juices will be in the pool deck.

**WARM UP SESSIONS:**

**SATURDAY:**

**Warm Up #1** 7:00 am - 7:35 am – **RSD** Lanes 1- 9 comp pool + 5 deep side

**Warm Up #2** 7:35 am - 8:10 am – **JBST** Lanes 1- 3 comp pool + 5 deep side / **BAY** Lane 4 - 5 comp pool /**WIND** Lane 6-7 comp pool **ICAC** Lane 8-9

**Warm Up #3** 8:10 am - 8:45 am – **NCA** Lanes 1- 4 comp pool + 5 deep side) / **CALI** Lane 5 - 6 /**SWMX** Lane 7-8 comp pool / **RAQ /SDAC/PS/UN/OSC/FAST** Lane 9

The meet ref will determine dive lanes for each session.

**SUNDAY:**

**Warm Up #1** 7:00 am - 7:35 am – **RSD** Lanes 1- 9 comp pool + 5 deep side

**Warm Up #2** 7:35 am - 8:10 am – **JBST** Lanes 1- 3 comp pool + 5 deep side / **BAY** Lane 4 - 5 comp pool /**WIND** Lane 6-7 comp pool **ICAC** Lane 8-9

**Warm Up #3** 8:10 am - 8:45 am – **NCA** Lanes 1- 4 comp pool + 5 deep side) / **CALI** Lane 5 - 6 /**SWMX** Lane 7-8 comp pool / **RAQ /SDAC/PS/UN/OSC/FAST** Lane 9

The meet ref will determine dive lanes for each session.

\*Shallow lanes will be open all time to warm up.

The meet ref will determine dive lanes for each session.

**LANE TIMING ASSIGNMENTS:**

<b>DAY</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>	<b>Lane 9</b>
SAT	RSD	RSD	RSD	NCA	NCA	SWMX/ BAY	CALI/ WIND	JBST	JBST
SUN	RSD	RSD	RSD	NCA	NCA	SWMX/ BAY	CALI/ WIND	JBST	JBST

## **CHECK-IN:**

**Saturday and Sunday:** All swimmers **MUST** check in by 8:30 am to be seeded in the meet. Coaches may check in swimmers. Parents and other teammates are NOT ALLOWED to check in late-arriving swimmers. ONLY SWIMMERS checking in and COACHES are allowed in the check-in area.

The check-in table will be located on the pool deck to the right of the blue entrance gate. This will be the side that is opposite from the bleachers.

\* No-shows penalties:

Missing an event will result in a swimmer being unable to swim in their next race (this carries over to the swimmer's first Sunday event if the last Saturday event is missed).

**\*\*Swimmers in the 500 & 1000 free must provide their own timers and lap counters.**

## **PARKING (PLEASE REFERENCE THE ATTACHED MAP):**

\*\*All officials will have reserved parking at the front of the building in the lot located off of Executive Drive\*\*

There are 2 lots that will be open for parking free of charge. The first lot will be located on Executive Drive and the second lot will be located on Eastgate Mall. Both of these lots are ONE-WAY ONLY.

For the Executive Drive lot, you will need to enter on the EAST Side of the lot and exit on the WEST side.

For the Eastgate Mall lot, you will enter the lot off of Eastgate Mall and exit the lot on Genesee Ave.

Off Genesee, is a bank parking lot with some spots available for swim meet guests, this is the driveway prior to the back part of JCC Building.

If you cannot find parking, you can use the public parking lot located at 4225 Executive Square La Jolla, CA 92037. At this lot, you will receive a ticket that **MUST** be brought to the Guest Services desk and it will be validated for the meet.

## **CLEAN-UP/OVERNIGHT CANOPIES:**

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

Canopies can be folded and left inside the pool area on Saturday. JBST and the Lawrence Family JCC cannot be responsible for canopies left outside in the field area overnight.

Team areas and Tennis Court number #1 will be covered with tents ,but feel free to use **TEAM CANOPIES**.

## **SAFE SPORT:**

Cell phones/cameras: No cell phones or photography of any kind will be allowed behind the blocks. Video/photos can be taken from the side or at the turn end of the pool only.

Athlete Restrooms: The locker rooms that are attached to the building will be for ATHLETES ONLY. Athletes will not be able to access these locker rooms from inside the building as the door will be locked. The only access and exit will be the locker room doors located on the deck.

Athletes will also have access to the changing rooms that are located on either side of the lifeguard office. These will be for ATHLETES ONLY.

All teams should have Safe Sport or similar changing tents within their team areas. Those should be utilized. Keep in mind, deck changing is not allowed except within the confines of the changing tent.

Restrooms: Spectators, visitors, and all NON-ATHLETES are NOT allowed in the locker rooms at any point. There will be bathrooms available for all non-athletes on the bleacher side of the pool deck as well as within the building. You may use any bathroom within the building with the exception of the bathrooms located within the locker rooms.

## **AWARDS:**

Individual – Medals for 1-3 and Ribbons for 4-8



