

2024 CAST March 16-17 NTS
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.

Clean Up:

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

Full Snack Bar will be available

500 and 1000 freestyles

Swimmers in the distance 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 backstroke events should be over about 12:50, and then there is 1 combined heat of 1000's.

On Sunday, the 200IMs are over about 12:10 followed by approximately 50 minutes of 500's.

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-ups Both days

- Warmup 1 7:00-7:35: CAST, SWMX, MRA
- Warmup 2 7:35-8:10: PS, SBA, RRST
- Warmup 3 8:10-8:45: RSD, ICAC, MASA, FAST, RAQ

Timing assignments

Saturday

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
RSD	RSD	RSD	SBA	SBA	PS	PS	ICAC		
RSD	RSD	RSD	SBA	PS	PS	PS	SWMX		

Sunday

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RSD	RSD	RSD	RAQ	ICAC	PS	PS	SBA
RSD	RSD	SWMX	MASA	PS	PS	PS	SBA

Oh, and we 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 ---