

2024 CAST Pentathlon and Senior Meets
October 5th and 6th
GRANITE HILLS 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 does not affect the safe and effective flow of traffic. Canopies can be set up on deck north of the pool office, along the north fence, behind the bleachers, south fence near the top of the stairway. Canopies may also be set up anywhere in the lot to the west of the pool. No canopies in the bleachers.

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

Check in: The meet(s) will be pre-seeded, with the exception of the 500,1000, and 1650 on Sunday. Check in for those events will be available at the admin table and will close at 9:30 AM on Sunday. **There will be no check in for Saturday's Pentathlon or for Sundays events that are less than 500 yds..**

Bathrooms: Bathrooms are for swimmer and adult use. Due to this, no swimmer changing is allowed in the bathrooms that are on deck. Swimmers may change in the two single use bathrooms located on the east side of the office building. Teams should bring personal changing tents.

Clean Up:

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

A very limited Snack Bar will be available

Sunday Senior meet 500 1000 and 1650 freestyle

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 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. We will have touchpads and an on-deck scoreboard.

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, without DQ's or any correcting (with button or watch backups) for swimmers not hitting the pads well. BTW this happens often in younger and less experienced swimmers.

If a swimmers' hand lands on top of the pad like a butterfly landing on it, they have finished the race, but the pad will not register, and that's when we go to backup buttons and watches. Please remind your swimmers to hit the pad well and below the surface.

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.

Pentathlon Awards:

Power points will be used to accumulate a score over the five events swum and trophies will be awarded for each division 1st-8th using this overall score.

Senior Awards:

as listed in the meet sheet – there are no awards for the Senior 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!** Each morning 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 should be over about 11:50 with awards ceremony immediately following the final event.

On Sunday, the 100 Frees are over about 10:45. The 1000 Free and 1650 Free events will likely have combined boys and girls into one heat each, with this combination, the meet should end about 11:30.

Warm-up notes

Due to the small size of these meets, there will be open warmup beginning each day at 7:40 AM ending at 8:50 with no assigned warmup times. The pool has 18 regular lanes, plus an extra wide lane at the stairs.

Timing assignments

Saturday

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
RSD	RSD	RSD	PS	SBA	CSTE	CALI	ICAC		
RSD	RSD	MRA	PS	SBA	CSTE	SDSA	SWMX		

Sunday

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RSD	RSD	SBA	SDSA	SDSA	CSTE	MRA	SWMX
RSD	WIND	SBA	SDSA	SDSA	CSTE	MRA	SWMX

Granite Hills High School
1719 E. Madison Ave El Cajon

Parking avail in red areas



see you at the pool.

--- The CAST Team ---