

2024 CAST Dec 15th 14&U C Meet
Meet Information
HELIX 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. 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: There is no check-in the meet will be pre-seeded.

Bathrooms: Bathrooms are for swimmer and adult use. Due to this, no swimmer changing is allowed in the bathrooms that are on deck. Teams should bring personal changing tents.

Clean Up:

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

Snack Bar will be available

Timing System

At this meet, We will be utilizing the Time Drops timing system at the 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, 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.

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

The meet should be over about 11:30.

Warm-up notes

The pool has 8 regular lanes, plus the diving well.

Warm-up

There are approximately 100 swimmers in the meet

Warm-up

Warmup 1 7:50- 8:20: TAQ, CAST, SEA, SOL

Warmup 2 8:20-8:50: SBA, , RST, MVY, CSTE, RRST, UNAT

Timing assignments

Sunday

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6		
SEA	SOL	RST	SBA	SBA	CSTE		
UN/RRST	SOL	RST	SBA	TAQ	CSTE		

see you at the pool.

--- The CAST Team ---