

May 4, 2025 SI FAST 14U MEET INFORMATION SHEET

Meet will start at 9:00 am

Pool is located off of Mission Ave and Winterhaven

Do not park in front of the school as all the gates will be locked.

The lot up the street from the pool will be open for parking.

CHECK-IN NOT REQUIRED: This meet does not require check-in. Coaches are to tell the admin when they arrive what swimmers will not be swimming in the meet.

FACILITY: The facility will open at 7:00 am. Teams are NOT allowed to set up tarps on the bleachers. The bleachers are allowed for parents/spectators only.

PARKING: There will be some reserved parking for officials in the parking lot.

PARENTS ARE NOT ALLOWED BEHIND THE BLOCKS UNLESS THEY ARE TIMING.

There are no phones or recording devices allowed in the locker rooms or behind the blocks.

SNACK BAR & HOSPITALITY: There will be hospitality and a snack bar available.

WARM UP ASSIGNMENTS: Both pools will be available for warm up during all warm up times. 8:15 warmup group will need to use both pools and move to big pool for starts

7:15-7:45 FAST,ICAC,RAQ 7:45 -8:15 JBST,RSD,RST,WIND 8:15-8:45 NCA,SBA,HSA,SOL

TIMING ASSIGNMENTS: 2 timers per lane

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
RSD	SBA	NCA	NCA	ICAC	FAST

TIMELINE: Approximate meet finish time 1:30 PM

RELAY CARDS: Relays will be deck entered and are due at 9:30 am - relays are \$20

Event 11: 14/u 200 FREE mixed relay- 2 boys and 2 girls

Event 13: 14/u Girls 200 FREE relay – all girls any age Event 14: 14/u Boys 200 FREE relay- all boys any age

Because Athletes and Non-Athletes must share the locker room, the athletes are not allowed to change or use the showers. Teams should bring their safe sport tents to allow your swimmers a place to change.