

2024 CAST Aug. 10-11 Summer Wrap-Up
Meet Information
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: Opens at 7:10 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.

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.

Snack Bar will be available

500 and 1000 freestyle

Swimmers in the 500 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.

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 100 IM's should be over about 11:35, and then 1 heat of 500 and 1 heat of 1000.

On Sunday, the 100 Frees are over about 11:30.

Warm-up notes

The pool has 18 regular lanes, plus an extra wide lane at the stairs. This should result in a comfortable 6-7 kids per lane for Saturday warmup and 5-6 kids per lane for Sunday warmup. Coaches please be respectful and aware of these numbers.

Warm-up Saturday

Warmup 1 7:30-8:10: SBA, CAST, SWMX, MRA
Warmup 2 8:10-8:50: TAQ, SOL, RST, CSTE

Warm-up Sunday

Warmup 1 7:30-8:10: TAQ, CAST, SWMX
Warmup 2 8:10-8:50: SBA, SOL, RST, MRA, CSTE

Timing assignments

Saturday

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
TAQ	TAQ	SBA	SBA	RST	SOL	SWMX	MRA		
TAQ	TAQ	SBA	SBA	RST	SOL	SWMX	CSTE		

Sunday

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TAQ	TAQ	SBA	SBA	RST	SOL	SWMX	MRA
TAQ	TAQ	SBA	RST	RST	SOL	SWMX	CSTE

We again have rubber ducks for heat winners.

Granite Hills High School
1719 E. Madison Ave El Cajon

**Parking avail in red
areas**



see you at the pool.

--- The CAST Team ---