

2025 ICAC Rising Stars Meet #1

Palomar College Pool
100 Comet Cir, San Marcos, CA 92069

FALL BACK: DON'T FORGET TO CHANGE YOUR CLOCKS!

Meet Starts: 9:00am

Meet Ends: approximately 12:15pm

Check-in is Required: 7:30-8:30am

No parents allowed at check-in. We have staff that will help the swimmers check in. Both boys and girls will swim the events together but be awarded separately.

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

Restrooms: Locker rooms with restrooms are for swimmers only. All parents, officials, coaches, and spectators are asked to use the restrooms next to the scoreboard.

Canopies/Team Area: Team canopies or tarps are allowed in lot 4 directly north of the pool (see map).

Coaches can set up canopies on the south side of the pool.

Coaches are required to make sure their team and coaches areas are clean and clear of trash before leaving.

WARM UP

Pool deck opens at 7:15am and warm ups will start 7:45am.

Warm Up #1: 7:45-8:15am - ICAC / RAQ / FAST

Warm Up #2: 8:15-8:45am – PS / RST / CALI

TIMING ASSIGNMENTS

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ICAC/CALI	ICAC	PS	PS	RAQ	FAST/RST

RELAY CARDS

Relay cards will be deck entered and are due by 9:30am – relays are \$20

SNACK BAR & HOSPITALITY

There will be a snack bar as well as hospitality for officials and coaches.

PARKING

