

# Kingfish Swimming

Kingsbury Club, Kingston, MA 02364

Sunday, May 4, 2008

**MEET FORMAT:** The meet will be timed-finals. Each session will be seeded by computer based on positive check-in at the beginning of the meet. Coaches will receive a scratch sheet when they arrive, which must be returned by 7:45am. Heat sheets will be posted around the pool deck and will be made available to the coaches.

**SITE:** The Kingsbury Club & Spa. The competition will take place in Lanes 1-6. Lanes 7 and 8 will be open for warmup/warmdown. Lanes 9 and 10 will be closed to competitors. Teams can find areas around the pool to sit. Spectators should bring chairs. Seating is limited. Driving directions are below.

**COURSE:** SCY

**ENTRY INFORMATION:** Entries will be accepted no later than May 1, 2008, except for Mike, who surely will send me his on Saturday night. Make checks payable to "Kingfish Swimming". Mail completed forms and payment to the entry chairperson: Bev English at PO Box 97, Kingston, MA 02364. Or just bring it to the meet.

**ENTRY LIMITS:** Athletes may enter and swim in a maximum of 2 individual events and 1 relay.

**ENTRY FEES:** \$3.00 for individual events. \$5.00 for relays.

**TIMERS:** The host team will supply all timers for each session, but volunteers are more than appreciated.

**WARMUPS:** There will be three warm-up times for each session.

**First Warm-up 7:00 – 7:25**

KING Ln 1-8

**Second Warm-up 7:25 – 7:50**

RAMS Ln 1-3

WW Ln 4-8

**Third Warm-up 7:50 – 8:15**

LRAC Ln 1-5

CCSC Ln 6-8

The above warmup lanes may change for equal spacing. Coaches can figure that one out.

**PROGRAMS:** \$3.00

**SAFETY:**

- No diving, except at the start of a race.
- No glass containers.
- Swimmers must be under the supervision of a coach.
- No camera cell phones are permitted in the locker rooms.
- Locker rooms are strictly for changing and using the bathroom. Hanging around or using other parts of the facility is not permitted. The use of the saunas and steam rooms is prohibited.

**RULES:** 2008 USA Swimming rules will govern all competition.

**SCORING:** The meet will not be scored. (Unless Kingfish are winning)

**AWARDS:** No awards. Maybe a few high fives.

**FOOD:** A concession stand will be in operation for the duration of the meet.

**MISCELLANEOUS:** Kingfish Swimming and/or The Kingsbury Club assumes no responsibility for lost, damaged or stolen property. Pets of any kind and smoking are not permitted within the facility. All meet participants must park in the designated parking area. When entering the front of the club, please do so in a quiet, organized fashion. You will be instructed by greeters to go straight down the hallway and head directly to the pool. Entering the club fitness areas or members locker rooms by anyone is **STRICTLY PROHIBITED**.

All teams will be given two large garbage bags at the beginning of the meet. Each team is responsible for cleaning up their designated area. All efforts made toward keeping this a clean event will be greatly appreciated by The Kingsbury Club.

**PARKING:** Parking in The Kingsbury Club parking lot is **STRICTLY PROHIBITED**. Parking is available in the lot next to Rockland Trust Bank. That lot can be approached from the lighted intersection, **NOT** through the KC parking lot.

**DIRECTIONS:** Route 3 to exit 10. Take 3A South for ¼ mile. At the intersection, go straight into Hannaford and park at the back of that lot, toward the Rockland Trust bank. The Kingsbury Club will be visible to the north. The pool is at the back of the building under a giant white bubble. Enter the Club through the front doors and proceed to the back.