

2010 Great Lakes YMCA Zone Championship Meet Pre-Meet Information

Meet Web Site:

http://www.glzyswim.org/zones_0/index.htm

All spectators and Volunteers must use the main entrance to the Rec center, which is on the Southwest side of the building. Volunteers will check-in at the Volunteer Table. \$3 per person, per session.
PURCHASE A WRISTBAND FOR A DISCOUNT AND "EXPRESS ENTRANCE" ALL WEEKEND.

The Coaches' and Athletes' Entrance is at the Staff Parking Area on the East side of the Rec Center, which is directly across from the ice rink (lot 10) on Mercer Drive. (SEE ATTACHED MAP)
ONLY Rec Center Staff may enter OR park in this lot (Please no drop offs in this lot.)
Athletes may EXIT here, or exit via the main spectator entrance.

Coaches Deck Passes will be available at Coach Check-in. All coaches who registered on the national site, and mailed certifications to Linda Brooks, will have a deck pass at the meet. Please bring your certifications in case there are any questions.

The order of events in the meet information and the Team Manager Entry file do not match for the first 4 events of the meet.

We will swim according to the Entry File.

Event 101- Girls 800 Free Relay

Event 102- Boys 800 Free Relay

Event 103- Girls 400 IM

Event 104- Boys 400 IM

Parking has been designated in lots 1, 5, 10, 12, 16, and C.

Please see <http://www.bgsu.edu/map/> for a campus map. (A Map is also attached.)

There are many events on campus. Avoid a ticket or being towed by parking in the designated lots.

The Building will be OPENING to Swim Meet Participants, Coaches, and Spectators according to the following Schedule.

Friday (3/19)

2:30 PM – Coaches Check-in Open (Enter at the Coaches & Athletes entrance)

3:00 PM – Swimmer Check-in Open (Enter at the Coaches & Athletes entrance)

3:00 PM – Building Doors Open to Spectators (Enter at Main Rec Center Entrance)

3:00 PM – Pool Deck Open

9:00 PM – Building Closed

Saturday (3/20) and Sunday (3/21)

Morning Sessions

6:45 AM – Coach and Swimmer Check-in Open (Enter at the Coaches & Athletes entrance)

7:00 AM – Building Doors Open to Spectators (Enter at Main Rec Center Entrance)

7:00 AM – Pool Deck Open

12:45 PM – Stands Cleared

12:30 PM – Coach and Swimmer Check-in Open (Enter at the Coaches & Athletes entrance)

1:15 PM – Stands open

1:15 PM – Stands open

6:30 PM – Building Closed

Team, Coach, and Swimmer Check-in

- Fees must be paid before Coaches, Teams, and Swimmers can check-in.
- Swimmers can only check-in AFTER a coach checks in.
- All Swimmers must be on your team's entry, even if they are a relay only swimmer.
- Deck passes will be distributed only to certified coaches. Bring your certs to the meet as a back-up.

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Relay Sheets are due to the scoring table before the start of the session.

Positive Check-in is required for the 1000 Free and the 1650 Free by 11:00 AM.

Time Trials will be held at the end of the morning session at approximately 1:00 PM.
\$5 per event, \$10 per relay. Sign-up at the Timing Table by 11:00 AM.

Real-Time Results will be on the website http://www.glzyswim.org/zones_0/index.htm

Meet results and Hy-tek files will be posted on the zone website at the end of the meet.

There will not be a clerk of course. Swimmers will report directly to their heat and lane.

Awards are available for pick-up after the meet in the hospitality room. Awards will not be mailed.

Hospitality is available for all coaches and officials.

Perks Cards and Visitor Guides will available for all coaches, officials, swimmers, and spectators. You will receive great discounts at BG's best places to eat! Look for them in coaches packets, in the hospitality room, and at the main spectator entrance.

Warm Down Pool Schedule

- The Warm-Down pool will be open at the Start of the Warm-ups.
- The Four Lanes closest to the locker rooms are reserved at all times for Rec Center Members.
- The warm-down pool will be closed during opening ceremonies.
- The Warm-down pool will close 15 minutes after the last event is done.

Competition Pool Warm-up Schedule

Friday (3/19)

3:00 PM – Building Doors Open
3:15 – 3:45 PM– General Warm-up
3:45 – 4:35 PM– Lanes 1-8 general; Lanes 9-10 Starts Only
4:35 – 4:50 PM– ODD Lanes= One Way sprints; EVEN Lanes= swim back
4:50 – CLEAR BOTH POOLS
5:00 PM– Meet Starts

Saturday (3/20) and Sunday (3/21) - AM SESSIONS

7:00 PM – Building Doors Open
7:15 – 7:45 PM– General Warm-up
7:45 – 8:20 PM– Lanes 1-8 general; Lanes 9-10 Starts Only
8:20 – 8:30 PM– ODD Lanes= One Way sprints; EVEN Lanes= swim back
8:30 PM– CLEAR BOTH POOLS
8:40 PM– Meet Starts

Saturday (3/20) and Sunday (3/21) - PM SESSIONS

1:30 – 1:55 PM– General Warm-up NW OH, NE OH, SE OH, IN
1:55 – 2:20 PM– General Warm-up SW OH, MI, KY, WV
2:20 – 2:30 PM– ODD Lanes= One Way sprints; EVEN Lanes= swim back
2:30 PM– CLEAR BOTH POOLS
2:40 PM– Meet Starts