



Visalia Seahawks Swim Team

2019 Meet Requirements



1. All meets will be held at Golden West High School. 1717 N McAuliff Ave. Visalia CA 93292.
 2. Meets will begin at 6:30pm. **Seahawks Families arrival time is 4:30pm to get ID numbers AND set up in CAMP CITY.**

Warm Up: Seahawks @ 5:30-5:50pm, visiting team Warm Up is from 5:55pm-6:15pm
 3. We will run 9 lanes with blocks at both ends on both Home Meets.
 - a. Home Lanes: 2, 4, 6, 8 & 9
 - b. Visitor Lanes: 1, 3, 5 & 7
 - c. On TRI-MEETS Home lanes are 2, 5 & 8. Visitor's lanes will be: 1, 4, 7 & 3, 6, 9.
 4. Event Requirements:
 - a. Freestyle & Backstroke – unlimited heats
 - b. IM, Butterfly, and Breast – unlimited heats
 - c. Relays – unlimited heats
 5. Visitors Teams Please Provide:
 - a. Two Stroke and Turn Judges
 - b. One Recorders and three Timers per assigned lanes.
 6. All CVRSL rules will be recognized. Stroke and Turn will be used for all ages.
 7. Visitors will be responsible for:
 - a. Getting swimmers to their lanes at the appropriate time.
 - b. Cleaning up designated team area before leaving.
 8. Ribbons will be available to coaches or a designated person at the end of the meet. Ribbons will not be handed out to individual swimmers. Ribbons will be awarded for 1st to 8th place individual and 1st to 4th place relays.
 9. A snack bar will be available. **We have Kona Ice and Carne Asada Tacos from a Taco Truck and a full Snack Bar.**
 10. No glass containers, alcoholic beverages or smoking will be allowed in the pool complex. Anybody that is suspected of being under the influence of any substance will be asked to leave. ALL SWIMMERS MUST BE MARKED with their ID number before the meet begins.
- If you have any questions please call Irma Wheeler (559)901-9370 (President) or Martha Sepeda (559)737-8124.