

TO: Coaches at Bulldog Bash
FROM: Les Stover
RE: Last Minute Instructions & Meet Details

In order to conduct an orderly and time-saving meet, here are some guidelines to follow:

1. Locker rooms have been assigned. Please look for your teams' locations. We have access to both the locker rooms at the pool and the gymnasium. **PLEASE LOCK UP YOUR VALUABLES!!**
2. The gymnasium will be open to swimmers as a rest area. No horseplay or ball playing will be allowed. **NO FOOD OR DRINK (except water) IS PERMITTED IN THE GYMNASIUM!!**
3. **ALL CHAIRS MUST BE PLACED ON TOWELS OR BLANKETS TO PROTECT THE GYMNASIUM FLOOR! Please inform your parents of this as well.**
4. Refreshments will be on sale in the commons / cafeteria area. **Please keep food and drink out of the pool & gymnasium areas!!**
5. Medals will be awarded to the top three places in each event. Ribbons will be awarded for fourth through eighth places.
6. Awards will be accumulated by team and distributed to the coaches at the conclusion of the meet. Coaches please remember to pick these up before leaving....they will not be sent to you.
7. The meet is being timed by Daktronics automatic timing and judged by PIAA officials. National Federation Rules will apply. The '**NO JEWELRY**'; rule will be strictly enforced. **Please advise your swimmers that this is a NO JEWELRY FACILITY!**
8. We will do our best to run an efficient meet. Your help in making sure you swimmers are at the blocks a when the event is called will help greatly.
9. Warm ups are set up in 3 sessions: They are as follows:

8:30 – 8:50:	Lanes 1 & 2 – Big Spring Lanes 3 & 4 – Chambersburg Lanes 5 & 6 – Carlisle Lanes 7 & 8 – Shippensburg
8:50 – 9:10:	Lanes 1 & 2 – Gettysburg Lanes 3 & 4 – James Buchanan Lanes 5 & 6 – Susquehanna Township Lanes 7 & 8 – Hedgesville
9:10 – 9:30	Lanes 1 & 2 – Dover Lanes 3 & 4 – St. Maria Goretti Lanes 5 & 6 – Jefferson Lanes 7 & 8 – Bishop McDevitt
9:30 – 9:50	Lanes 1 – All Non-Swim Schools (Greenwood, Halifax, Millersburg, Upper Dauphin, Tri-Valley, West Perry) Lane 2 – Waynesboro Lanes 3 & 4 - Musselman Lanes 5 & 6 - Martinsburg Lanes 7 – 8 – Hampshire

9:50 a.m. ALL SWIMMERS CLEAR THE POOL

Warm-up sessions are to be under the supervision of the coaches. Please tell your athletes to NOT SWIM UNDER THE BULKHEAD!! You are to do your starts and sprints in your lanes during your warm-up session. The shallow end of the pool may also be used during warm-up sessions. As

for use of the shallow end during the meet, that will be at the discretion of the meet officials due to the noise factor and proximity to the starting blocks.

10. There will be a meeting of all coaches at 9:20 in room 241. Follow the arrows. Scratches will be done at this time.
11. There will be a meeting of all officials and timers at 9:30 in the hallway near room 115.
12. Results will be posted in the hall at the pool and available to each head coach on disk or hard copy as soon as possible after the meet. If you have Hy-tech you can access results through your meet mobile app. You can also access results through the link in the email that you will be sent after the meet (it is the same link you used to view psych sheets). Another option is to access our website by using the following directions: go to www.bigspringsd.org >Community tab > Aquatics> BSHS swim team page> Bulldog Bash coaches information. Results will also be posted on www.paswimming.com . Results will include subtracted splits, as long as the swimmers correctly contact the pads during their races.
13. The staging area for heats is on the pool deck. Swimmers should report to the pool deck 2 heats prior to their heat. There they will check in and be seeded by heats. Swimmers will be guided directly onto the bulkhead while the previous heat is swimming. Relay teams will be held until the previous heat is completed and the bulkhead is clear. After the conclusion of the heat, exit the bulkhead on the scoring table side of the pool. **Please do not cross in front of the starting system.** Keep the area behind the blocks free of congestion. **Swimmers are responsible for being at the blocks in time for their events!**
14. No swimmers will be added to events. If a swimmer in a relay is absent, you may replace him/her with another swimmer on your entry roster who is not already swimming his/her maximum number of events.
15. Questions regarding results should be directed to Ronnie Stover at the computer.