

2021 GNBC October Time Trials

Day of Meet Info

Parking

- There will be limited parking in the club lot. Please be prepared to park in the shopping center, BUT **please avoid parking directly in front of Food Lion**. They do NOT appreciate this and have threatened to tow. Instead, please park in spots along the perimeter of the lot, or between the Food Lion and the rest of the strip. Thank you for your assistance with this!

Arrival

- We will be using the FRONT door for entering.

Volunteers

- Please enter with your children or as early as our first screening (of respective session).

Traffic Flow

- Anytime you are moving through the building:
 - Moving from outside to inside the building, use the front door to enter.
 - Moving from the Games Room to the Pool, use the pool double blue doors.
 - Moving from the pool to the Games Room, please go through the locker rooms.
 - Moving from the pool to outside, use the spectator side EXIT door.

Face Coverings / Distancing / Towels, etc.

- Face Coverings are optional.
- Please maintain social distancing.

Locker Rooms / Changing

- Please arrive in your suit and plan to leave in your suit.
- We are using the locker rooms as a passageway from the pool to the games room.
- There will be very limited space/time to change in locker rooms.

In – between Races & Warm Up

- Each swimmer family will sit in the Games Room area, or outside (if weather permits), 3 feet from each other. Please maintain distancing at all times.
- Please respect all furniture and refrain from going behind the front desk.
- All games will be off limits (i.e. pool table/carpet-ball/foosball)
- Swimmers may bring food, snacks and/or drinks. Please no sharing!
- Please be sure to clean up after yourselves.

Warm Ups

- First warm up participants, please enter and depart the pool from the shallow end.
- Second warm up participants, please enter and leave the pool from the deep end.

Running of the Meet

- All heats will begin at the deep end of the pool.
- We will have ready “benches” as follows:
 - 2 heats will stage in the games room area (close to the pool doors)
 - 1 heat will stage by the metal hand rails in the pool area
 - 1 heat will stage on the mural bleachers
- For all events (other than the 25yd races):
 - Swimmers will move (from the mural bleachers) to behind the blocks for their heat once the previous heat is in the water and there are no athletes behind the blocks.
 - **Flyover starts will be used (with the exception of the backstroke and 25-yard races).**
 - Swimmers will exit the pool area through the locker rooms.
- For the 25yd races
 - Once the previous heat has entered the water, swimmers will move (from respective staging area) to behind the blocks.
 - Swimmers will exit the pool area through the locker rooms.

Parents/Chaperones/Spectators

- Each swimmer may bring up to **2** parents, chaperones, or spectators.
 - Volunteers are exempt from this count (i.e. if one parent is timing, 2 additional people may come with the swimmer).
 - Parents/Chaperones/Spectators shall sit with the athlete(s) in the Games Room or outside.
 - Spectators must follow same social distancing.
 - Watching races:
 - The parents/chaperones/spectators will enter the spectator area (wooden benches) when his/her athlete enters the pool area and leave the pool area when his/her athlete leaves the pool area. For example, when Luke’s heat moves to the metal handrails in the pool area, Luke’s mom can enter the spectator area. Once Luke finishes his race, he will exit through the locker rooms, and his mom will leave either through the locker rooms or the spectator side EXIT door.

Live Streaming

- The meet will be live streamed on the clubs Facebook page:
<https://www.facebook.com/NewarkBGC>

Leaving

- Please use either the front door (from the Games Room), or the spectator side EXIT door (from the pool).