

2022 GNBC Time Trials – October 15-16, 2022

Day of Meet Info

Be sure to check the [meet information page](#) for Meet info, a link to this info, timelines, warm up schedule, Volunteer signups, Heat Sheets, Live Stream Link, and Results.

Parking

- Will be tough. On Saturday, there will be basketball games going on as well, so there will be limited spots in our club parking lot. Food Lion does allow us to use their lot, as long as we do not inconvenience their shoppers. Please do NOT park in the parking spots directly in FRONT of the store (they have threatened to tow cars parked here). Instead, use the spots along the perimeter of the lot, or use the spots between the Food Lion and the rest of the Shopping Center. It will be a great way to get your steps in! Feel free to drop off at our front door, or along Glasgow Drive, then park. [Click here to view on Google Maps](#)

Arrival

- Both the FRONT door and the normal SIDE door will be open. All swimmers and parents are to sit in the Games Room area (NOT in the pool).
- Please be here at least 10 minutes before your warm ups (see “Warm Up” below for times)
- Drivers, feel free to drop off your swimmers/spectators/volunteers at either the front or side doors, then park your cars.

Volunteers

- Thank you so much to those who have already signed up to volunteer! [Please click here to sign up to volunteer.](#) We also encourage parents to “shadow” volunteer – this would be working with another volunteer to learn the job. Shoot me an email if you would like to “shadow volunteer.” We need volunteers for:
 - **Timing** (stand at the finish end of the race; start your watch with the strobe light at the beginning of the race; stop your watch when any part of the swimmer’s body touches the wall. You will also have to press the plunger at the finish of the race (this is for the electronic timing system). Write down your time (no math). Great front row viewing!
 - **Laptop** (Run Meet Manager on the laptop / import race data from the Colorado. We can show you how to do this. It is helpful if technology does not scare you)
 - **Referee** (make sure we are following all the correct USA rules and protocols – you need to be a certified referee to do this job)
 - **Stroke & Turn** (watch the swimmers to make sure they are doing the strokes correctly and do not have unfair advantage – you need to be certified to do this job too).
 - **Starter** (start all the races – make sure all swimmers start at the same time; equal advantage – you need to be certified to do this job too).
 - **Clerk-of-Course**, also known as the “ready benches,” or “bullpen” (line up the swimmers in staging areas to make sure they swim at the right time – the coaches do most of the work, but extra eyes and hands at each staging area is helpful)
 - **Colorado** (Push a series of buttons after each race to store and reset – this is the timing console; again, we can show you what to do – pretty easy – does require some common sense ☺)
 - **Runner** (just like it sounds – the errand person – post results; get manual times from lanes when the swimmer misses pad/inconsistent times from pad/plunger; collect time sheets from the timers, etc.)

Traffic Flow

- Swimmers should:
 - Go through the locker room back doors to get from the pool to the Games Room (DO NOT USE THE POOL DOORS – the floor gets very slick when wet).
 - Use the pool double blue doors to get into the pool area to stage for their races.
- Spectators should:

- Use the double blue doors for going in and out of the pool area – please do not lounge by the doors and create a bottleneck.
- Use the restrooms in the Games Room, rather than the locker room. The locker room should be for swimmers only. Thanks!

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

- 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)
- Feel free to bring a deck of cards, a book to read, any homework that needs to be done.
- On Saturday, please remember we will be sharing the building with basketball.
- Swimmers may bring light snacks and/or drinks.
- Please be sure to clean up after yourselves.

Warm Ups

- Before the Meet begins, all swimmers will warm up. ***Please arrive at the pool at least 10 minutes before your assigned warm up time.*** Warm up assignments are as follows:
 - Saturday 10/15/22:
 - 10 to 10:20am: all JO, HSB, HSA, and O swimmers
 - 10:20 to 10:40am: all advanced and junior swimmers
 - 10:40 to 10:55am: all beginner and basic swimmers.
 - Sunday 10/16/22:
 - 8:30 to 8:50am: all HSB, HSA, and O swimmers, plus these JO's
 - Quincy, Natalie Go-go, Eric, Chase, Colby, M'Hamed, Quinn, Bree Reb, Sophie R.,
 - 8:50 to 9:10am: all advanced and junior swimmers, plus these JO's
 - Luke S., Oliver, Jackson K., James, Jared, Ariel, Madison J, Dabin
 - 9:10 to 9:25am: all beginner and basic swimmers.

Running of the Meet

- All heats will begin at the deep end of the pool.
 - We will have ready “benches” as follows:
 - 1 heat will stage by the metal hand rails in the pool area
 - 1 heat will stage near the mural bleachers
 - 1 heat will stage near the starting end (by the painting of the killer whale)
- Whistle commands: a few whistles in a row means to get ready, a long whistle means to get up on all the blocks (or in the pool for backstroke).
- We will be using “flyover starts,” which means for races that are 50yards or longer (and that are NOT backstroke), the swimmers will stay in the pool at the finish of their race until after the next race begins.
- Swimmers will exit the pool area through the locker rooms.

Parents/Chaperones/Spectators

- Parents/Chaperones/Spectators are expected to sit with their athlete(s) in the Games Room Area.
- 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 (and talks to his coaches), he and his mom will leave return to the Games Room (Luke going through the locker rooms; his mom going through the blue double doors).

Time Line

- **Saturday:** tentative end time for the meet is about 1:10pm.
- **Sunday:** tentative end time for the meet is about 11:21am.
- For specific event start times, please use the timelines posted on the [meet information page](#). Please remember ***these are estimates***.
- For specific heat start times, please use the heat sheets posted on the [meet information page](#). Please remember ***these are estimates***.

What to Bring:

- At least two towels,
- A set of sweats (and maybe a pair of socks) to wear in the Games Room – it is cold out there when you are wet.
- spare goggles, caps, & nose clips (if you use them),
- a chair or towel to sit on in the Games Room,
- a deck of cards, a book, homework, etc. – stuff to do while resting between races
- a water bottle and/or light snacks in case you get hungry between races.

Live Streaming

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