



**2016 NCSL-MOTHER LODGE  
CONFERENCE CHAMPIONSHIP  
VISTA DEL LAGO H.S., FOLSOM, CA  
JULY 16 & 17, 2016**



Dear Swimmers, Parents, Coaches and Friends,

It's already upon us, the finale of the 2016 swim season! This year, the Mother Lode Conference Championships will be in Folsom at Vista del Lago High School. If the regular season is any indicator, we're going to have some close races with a lot of good fun competition. This memo provides some important details you need to know to make this event move smoothly. Please take the time to read through all of this and follow along as you arrive and participate at Champs. If there are any questions before or during the event, please reach out to your team's League Representative.

**SETUP:**

Meet set up for Set-up Volunteers is from **5:30 PM to 8:00 PM on Friday, 7/15**. DO NOT ARRIVE ON DECK BEFORE 5:30PM SINCE OTHERS ARE USING THE FACILITY. We will **set up the pool deck first** and then the age group/team tents in the soccer field. Friday evening setup crew can unload **pool deck equipment** (not personal gear) in the loading lane next to the entrance to the pool deck; longer term parking needs to take place in the parking lot immediately adjacent to the loading area so we can keep traffic moving. Once the deck and Ready Bench area is complete, then crew can unload and setup team tents, which should be after **7:00 PM**. Parents **will NOT** be allowed to set up personal tents in the team areas until **7:00 PM**. Anyone seen setting up their personal tent prior to **7:00 PM** will be asked to take it down and lend a helping hand with set up. See attached diagram of the facility designating the team/parking areas.

**PARKING:**

**IF UNLOADING GEAR BEFORE PARKING:** Enter from the entrance at the intersection of Broadstone Pkwy. and Russell Dr., turning south into the school. Proceed up the ramp and bear left. After bearing left, you may bear right into the unloading lane. **This lane is for short term unloading only**; parking attendants will keep you moving, please respect the need to keep traffic flowing.

**IF WANT TO PARK FIRST, THEN CARRY GEAR IN:** Enter from Broadstone Pkwy. and Stockman Cir., turning south off of Broadstone. You will climb up a ramp, bending to the right and make your first right into the parking lot.

**OVERFLOW PARKING:** If the primary lot is full, unload gear (as described above) in loading area and return to overflow parking (see attached parking map).

**POOL ACCESS:**

With the exception of access to the Snack Bar and Bleachers from the Team Areas through Gate A, we will be running a closed deck. The closed portion of the deck will be limited to the working staff and volunteers during their assigned shift (DECK PASS OR APPROPRIATE VOLUNTEER SHIFT BADGE REQUIRED). Please understand that we will follow a strict policy of only allowing verified volunteers on the closed deck through the entrance gate or Gate A; only swimmers and volunteers will use Gates B and C. Once your shift ends and your replacement has taken over for you, we ask that you to return to your team area. Gate A is the access point for swimmers to talk to their coaches. Gates B and C are for deck volunteers, swimmers from ready bench, and swimmers exiting after their race. We will try to provide all teams a dedicated coach viewing area with a table on the

**The facility will be open for access at 6:00am both days.** Please access the team areas along the ramp North of the pool and soccer field by walking up the ramp entering in the middle of the the team areas. From there, teams may gather near

the Ready Bench in advance of Warm-ups and enter the deck for warm-ups at Gate B at their appointed time. **WE CANNOT USE THE PA SYSTEM BEFORE 8:00 AM DUE TO A CITY ORDINANCE. THIS WILL REQUIRE GOOD COMMUNICATIONS AND COORDINATION BETWEEN TEAM AND EVENT PERSONNEL.**

During the preliminary events, WARM UP LANES are **exclusively** for swimmers **11 years and older** WITH a coach present. All finalists can use the warm up lanes after the conclusion of preliminary events again WITH a coach present. **SWIMMERS WILL NOT BE ALLOWED TO USE WARM UP LANES DURING PRELIMINARY EVENTS OR FINALS WITHOUT A COACH FROM THE TEAM PRESENT.**

Vendors and apparel tables will be located outside the deck on the main walkway from the parking lot. Team volunteer check-in tables should be located in the parts of the team areas nearest the pool. See the map of the pool layout designating the walkways on pages 5-8 of this letter.

Please be kind and respectful to the Deck Marshalls as they perform their duties. Rude behavior and/or language toward the Deck Marshalls will NOT be tolerated and participants unable to behave in a civil fashion may be asked to leave the event.

Restrooms are located in the Locker Room Building to the South of the deck and are accessed through Gate A or through the Main Entrance. Ensure the doors to the restrooms remain open.

There is absolutely NO camping in the bleachers or setting up personal chairs or pop-ups on the pool deck due to limited space. This will be strictly enforced. Please be respectful to all by staying to watch your swimmer's race, then leaving to make room for others in the bleachers so they can watch their swimmer's race. We need to keep the pool deck clear so as to NOT interfere with the volunteers doing their jobs and the swimmers getting to the ready bench for their race.

#### **TEAM AREAS:**

The team areas are located outside of the pool. Please do NOT set up your personal area anywhere other than in your designated Team Area on the field south east of the deck. Sidewalks and the streets are for evacuation and cannot be blocked per Fire Marshall Regulations. There will be plenty of room on the grass. Team cheers are to occur in your own Team Area and NOT on the pool deck or inside the pool area at any time. This will be strictly enforced as it is disruptive and interferes with the admin of the meet.

A few things that are **NOT allowed** in the team areas:

- NO alcohol, BBQs, camp stoves, generators to run swamp coolers and fans, or misters.
- NO staking of tents. The watering system on this field is unique; we don't want to accidentally break a sprinkler line!
- **NO plastic tarps OF ANY KIND on the ground. Blankets and other items that won't kill the grass are acceptable.**
- NO staking down any popups.
- **This area can get VERY WINDY. Take off all pop-up covers at night and drop them down.**
- **DO NOT leave equipment on the ground overnight.**
- NO dogs or pets of any sort in the pool and team areas. Leave them at home where they can stay cool!
- NO smoking in or around the pool or team area. Recall that Vista del Lago is a school facility and smoking is prohibited on the grounds.

#### **VOLUNTEERS:**

When you arrive each day, please check in with your team's Volunteer Coordinator to receive your shift label. Please pay attention to the announcements calling you to work your respective shifts and report to your shift 15 minutes early. You will not be allowed to leave your post until you are "tagged out" by the next shift worker. This will allow the meet to continue without interruption. Don't worry; we will make sure a replacement is found for you.

If volunteers can remember to bring their own sports bottles to reduce trash around the pool, it would help. Hospitality staff will fill your bottle with refreshments throughout your shift. Hospitality may not be providing cups and will not provide bottles of water.

#### **READY BENCH:**

All swimmers **MUST** come through the Ready Bench in order to swim an event for prelims and finals. This includes relays for all age groups. The Ready Bench area is located outside the pool deck, on the west end of the Team Area. Only swimmers will be allowed in the Ready Bench area—no coaches or team parents unless asked by the Ready Bench staff to assist the kids to the blocks. We want to keep the Ready Bench running smoothly as this is the engine that keeps our meet moving along! We have a wonderful staff on the Ready Bench who will take good care of your swimmer, ensure they get to the blocks on time for their race, and are in the correct lane so they don't miss their race. The Ready Bench team just needs swimmers at the Bench a few events before they are scheduled to swim.

To speed up and ease the process and reduce anxiety by everyone involved, we are asking that the Team Parents take a dark Sharpie Marker and write the swimmer's last name on the left upper arm near the shoulder with Event #, Heat # and Lane # of each event in order as a line item (i.e., 11-2-8, which means Event 11, Heat 2, Lane 8) for all 12 and under swimmers. It wouldn't hurt to do this for the 13-18 year olds, as well. Remember to use sunblock **BEFORE** writing events on the swimmer's arm. The markers will not injure your child. And sunblock lotion will remove the markings quite easily at the end of the day. We appreciate your cooperation in helping the Ready Bench staff easily identify your swimmer and seat them appropriately on the Ready Bench for each of their races.

#### **APPAREL SALES AND VENDORS:**

The Champs apparel sales table will be located along the Main Entrance ramp from the parking lot. As for vendors, we plan to have food trucks selling smoothies, coffee, Hazen Freezes, and Dave's Dawgs (Sunday only). For merchandise, West Coast Swim Shop is scheduled to be onsite selling goggles, caps, suits, and other swim essentials. Championship T-Shirts will sell for \$15 each with Tank Tops priced at \$10 each. The vendors will be located near the Main Entrance ramp from the parking lot. For clothing sales, we will accept credit card payments; however, be prepared to pay vendors in cash even though they **MAY** accept credit cards.

#### **SWIM SUITS:**

All swimmers are asked to wear their team suit or one in similar quality to the team suit. Suits that have the FINA stamp are acceptable. If you would like to wear another suit other than a team suit and are uncertain if your suit will be considered legal, please bring the swim suit in question to see the Meet Referee at 7:15am in the Hospitality Area. Please do not wear a non- suit, rather bring it along when asking for approval. Please also bring one of your coaches to this meeting.

#### **MEET MOBILE:**

Meet Mobile will be available to track your swimmer's events and if you've paid the fee, you'll be able to view their results. Remember Meet Mobile results are the initial times from the scoreboard and subject to change following officials review, verification, and disqualification processing. Official results will be posted on the fence outside the pool area near the entrance. It is always a good idea to check the official results to confirm your standing and whether you made it into finals.

The meet name to search Meet Mobile for is "Mother Lode Champs 2016". The Meet Program will be uploaded to Meet Mobile by 6pm on Saturday evening and unofficial results will be made available throughout the day. The Meet Program will be available on the NorCal Swim League's website so you can download and print very own copy. Heat and Lane assignments will not be changed. Scratches the morning of the meet will be empty lanes so we don't need to redo the meet programs.

#### **PRELIMINARY AND FINALS:**

There is a break of 1 hour in between the preliminary races and finals to prepare for finals. Volunteers should plan to arrive to your Finals shift 45 minutes after our break starts. During the break, we will run the Parents' Relays (Saturday)

and Coaches' Relays (Sunday), fun events for all of our swimmers. Swimmers may use the pool to cool off for the first 30 minutes of the break. Please be courteous to the swimmers warming up for Finals and let them have the lanes with the blocks.

### **FINALS:**

Finals are the most exciting part of the day. Please keep the noise down at the start of each race. Once the race is underway, we encourage you to cheer for your swimmers; noise at the start however can be very distracting. Please do not bring noise making devices. Only designated coaches will be allowed on the closed off deck.

All finalists and both alternate swimmers will have to report to the ready bench prior to the race. Both alternates will be waiting with the Meet Referee until the race is started. The Meet Referee will place swimmers in races if needed.

### **AWARDS CEREMONY:**

The 6-and-under award ceremony will commence right before the relays begin on Saturday. Our Award Ceremony on Sunday will commence after the pool deck is cleared and all equipment is taken down. We appreciate any extra hands assistance during tear down during that time! The more hands involved, the faster we get to start the ceremony and go home!

### **PICTURES AND VIDEO:**

**Absolutely NO photography or videotaping is allowed behind the swimmers at the blocks or at flip turns.** You can take photos/videos from the bleachers. This includes taking pictures/videos with your cell phone. This is a USA Swimming rule that we, NorCal Swim League, follow to protect our swimmers.

Just one last thing. A swim meet would not be possible without the work put in by all of the volunteers. A huge "THANK YOU" goes out to all those who make Champs run smoothly. If you have any questions or concerns, please direct them to your League Representative, rather than the coaching staff, volunteers, or meet officials. Your League Rep will work to resolve your concerns.

Good luck to all the teams, let's have some fun in the sun, watch some exciting races and swimmer's achieve their personal best times!

See you on the deck!

Mike Burgenger,  
Meet Director  
Rollingwood Rockets

Jason Marshall  
Deputy Meet Director  
Arden Park Dolphins

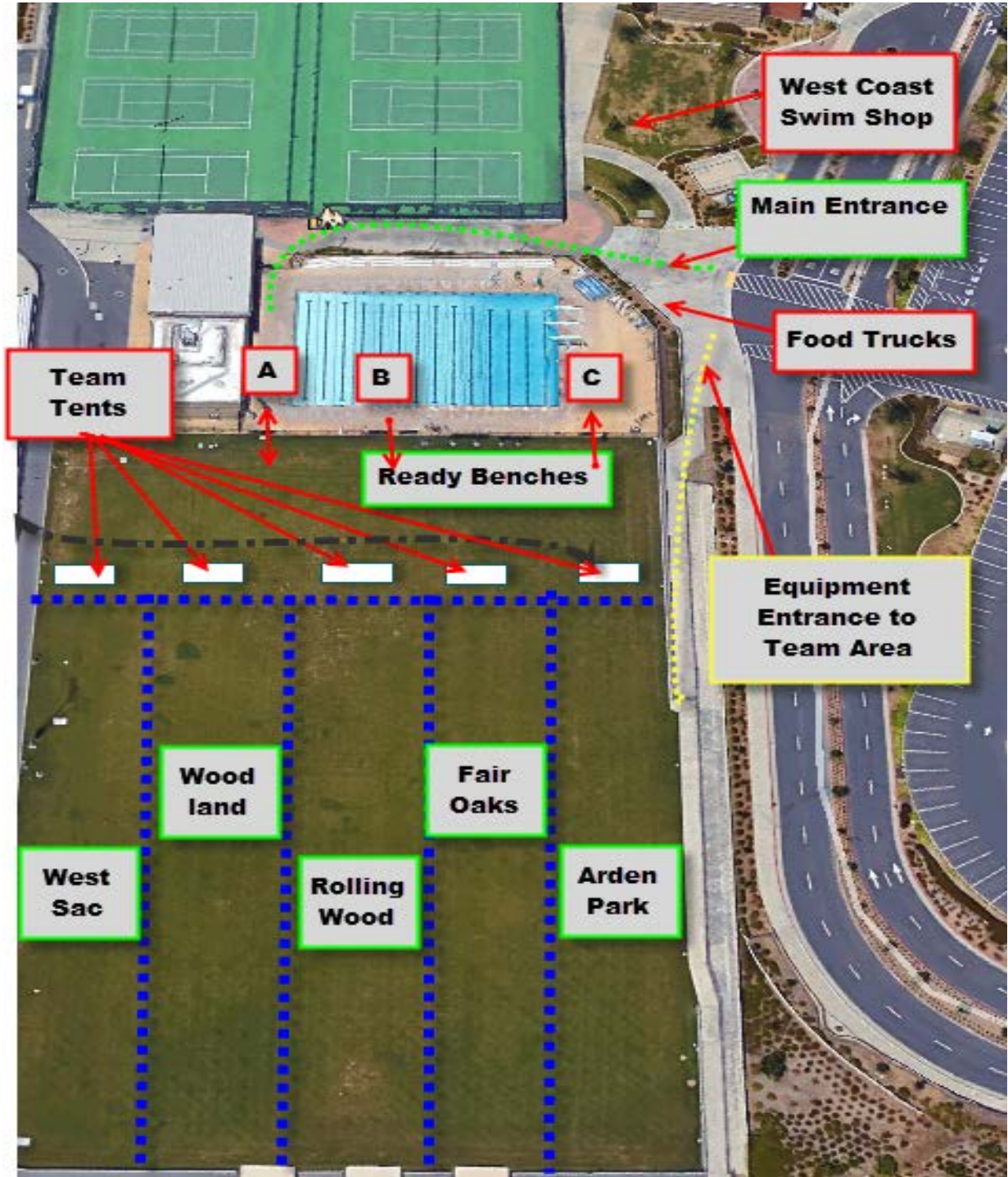
Jon Hanson  
Meet Referee  
Woodland Wreckers



# Vista del Lago Parking Info



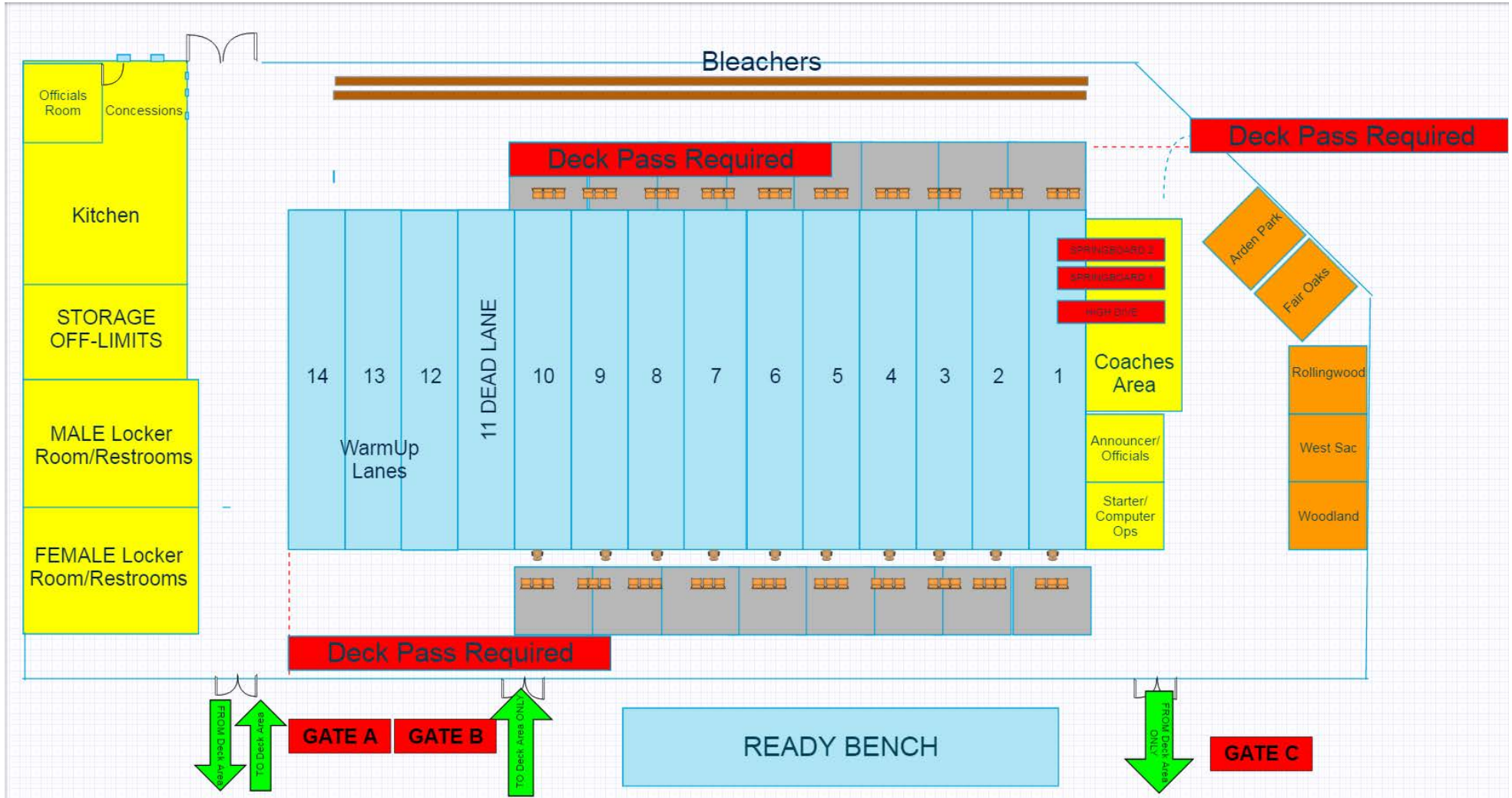
## Vista del Lago Team Area



**Note:**

- Gate A is general access; Gates B and C are swimmer, coach and volunteer access only.
- Team areas measure approximately 40'w x 250'l.
- Parent and team gear should only be transported to Team Areas up ramp, not through pool deck.

# Vista Del Lago Deck Layout



# 2016 Mother Lode Swimming Conference Championship Schedule

Saturday, July 16, 2016	
6:00am	<b>Pool Deck Opens for Operations</b>
6:30am-7:00am	Swimmer Check-In at Team Tents
6:30am-7:15am	Volunteer Check-In for Day 1 at Team Tents
6:45am-7:15am	<b>Warm Ups for Arden Park and Rollingwood:</b> <b>Arden Park:</b> Lanes 1-6 (blocks) and 13-14 (no blocks) – 8 lanes <b>Rollingwood:</b> Lanes 7-10 (blocks) and 11-12 (no blocks) – 6 lanes
7:00am-7:15am	Meet Referee Meeting with League Reps and Head Coaches in Ribbon Room
7:15am	All scratches due <i>in writing</i> to Computer Tent
7:15am-7:45am	<b>Warm Ups for Fair Oaks, and Woodland:</b> <b>Fair Oaks:</b> Lanes 1-5 (blocks) and 13-14 (no blocks) – 7 lanes <b>Woodland:</b> Lanes 6-10 (blocks) and 11-12 (no blocks) -7 lanes
7:45-am	Call for Timers and Volunteers
7:45am-8:15am	<b>Warm Ups for West Sacramento / Open Lanes</b> <b>West Sacramento:</b> Lanes 1-12 (blocks) 12 lanes <b>Open:</b> Lanes 13-14 (for late arrivals) 2 lanes
7:45am-7:55am	Meet Referee, Stroke and Turn, and Take Off Judges Meeting at HIGH DIVE
7:55am-8:05am	Starter Meeting next to COMPUTER TENT
8:05am-8:15am	Ready Bench Meeting at READY BENCH TENTS
8:15am	All First Shift Volunteers AT their assigned position ready to start
8:15am-8:25am	Starter, Dolphin, Computer, Meet Mobile, and Scoreboard Final Tests
8:15am-8:25am	Team Cheers in Team Area ONLY
8:15am-8:20am	9-10 Girls (100 IM Competitors) to the Ready Bench
8:25am-8:30am	Singing of the National Anthem
8:30am-2:00pm (est.)	Preliminary Heats of Events 1-32 (IM, Short Freestyle, Backstroke)
2:00pm-2:20pm (est.)	Parent 4 x 25 yard Freestyle Relays (Up to 2 entries per team)
2:20pm-2:30pm (est)	Six and Under High Point Awards Ceremony
2:45pm-4:45pm (est.)	Individual Finals for Individual Medleys, Short Freestyle, and Backstroke Events
4:45pm-5:45pm (est.)	Team Medley Relay Events 33-43



# 2016 Mother Lode Swimming Conference Championship Schedule

Sunday, July 17, 2016

6:00am	Pool Deck Opens for Operations
6:30am-7:30am	Swimmer Check-In at Team Tents
6:30am-7:15am	Volunteer Check-In for Day 2 at Team Tents
6:45am-7:15am	<b>Warm Ups for West Sacramento / Open Lanes</b> <b>West Sacramento:</b> Lanes 1-12 (blocks) - 12 lanes <b>Open:</b> Lanes 13-14 (for early swimmers/13 and up only) - 2 lanes
7:15am-7:45am	<b>Warm Ups for Fair Oaks, and Woodland:</b> <b>Fair Oaks:</b> Lanes 1-5 (blocks) and 13-14 (no blocks) – 7 lanes <b>Woodland:</b> Lanes 6-10 (blocks) and 11-12 (no blocks) -7 lanes
7:40am	Call for Timers and Volunteers
7:45am-8:15am	<b>Warm Ups for Arden Park and Rollingwood:</b> <b>Arden Park:</b> Lanes 5-10 (blocks) and 11-12 (no blocks) – 8 lanes <b>Rollingwood:</b> Lanes 1-4 (blocks) and 13-14 (no blocks) – 6 lanes
7:45am-7:55am	Announcer Meeting at the COMPUTER TENT
7:45am-7:55am	Meet Referee, Stroke and Turn, and Take Off Judges Meeting at HIGH DIVE
7:55am-8:05am	Starter Meeting next to COMPUTER TENT
8:05am-8:15am	Ready Bench Meeting at READY BENCH TENTS
8:15am	All First Shift Volunteers AT their assigned position ready to start
8:15am-8:25am	Starter, Dolphin, Computer, Meet Mobile, and Scoreboard Final Tests
8:15am-8:25am	Team Cheers in Team Area ONLY
8:15am-8:20am	7-8 Girls (50 Free Competitors) to the Ready Bench
8:30am-2:00pm (est.)	Preliminary Heats of Events 44-73 (Long Freestyle, Breaststroke, Butterfly)
2:00pm-2:45pm (est.)	Coaches 4 x 50 yard Medley Relay (1 entry per team)
2:45pm-4:45pm (est.)	Individual Finals for Long Freestyle, Breaststroke, and Butterfly Events
4:45pm-5:45pm (est.)	Team Medley Relay Events 73-83
5:45pm-6:00pm (est.)	Setup for Awards Ceremony
6:00pm-6:30pm (est.)	Awards Ceremony
6:30pm-7:00pm (est.)	Tear Down, Clean Up, and Close Out

2016 Mother Lode Swimming  
Conference Championship Schedule