



**Delta Aquatics Meet Information**  
**For**  
**IMX Time Trial/Meet hosted by Delta Aquatics**  
**November 20, 2011**

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 Oswego East High School 1525 Harvey Road Oswego, IL. 60543

<b>Sunday AM</b>	<i>On Deck: 7:45am</i>
Event #s: 1-22	<i>Warm-ups: 8:00am</i>
	<i>Positive Check-in Closes: 8:20am</i>
10&U; 11/12	<i>Meet Starts: 9:00am</i>

<b>Sunday PM</b>	<i>On Deck: 12:15pm</i>
Event #s: 23-35	<i>Warm-ups: 12:30pm</i>
	<i>Positive Check-in Closes: 12:50pm</i>
10&U; 11/12	<i>Meet Starts: 1:30pm</i>

\* Those swimming the 500 freestyle will need to provide their own counters.

This is a positive check-in meet. All swimmers must check-in prior to each session. Please let your coach know ASAP if you did not check in.

**IMX MEET TIMERS**

We need to provide timers for the following sessions during the meet. We don't expect either session to last longer than 3 hours. Timers are expected to come down to the pool deck 25 minutes before the meet is to start.

Session	Timers			
<b>Sun AM</b>	<b>12 &amp; Under Events Events #1-11</b>		<b>12 &amp; Under Events Events #12-22</b>	<b>Officials</b>
Lane 2				Bhargava - Meet Ref
Lane 3				Ruhde - Starter
Lane 4				Kraus - Stroke & Turn
Lane 5				Computer - ???
Lane 6				Scoreboard - ???
Lane 7				
<b>Sun PM</b>	<b><u>ALL</u> 13 &amp; Over Events Event #23-35</b>		<b>Relief Timers (Come down to the deck when we call for a relief timer)</b>	<b>Officials</b>
Lane 2				Bhargava - Meet Ref
Lane 3				Ruhde - Starter
Lane 4				Kraus - Stroke & Turn
Lane 5				Computer - ???
Lane 6				Scoreboard - ???
Lane 7				

**MEET ETIQUETTE:**

- o Quiet for the start, meaning when the whistle blows and until the sound buttons goes off it should remain quiet.
- o No touching the race course during any race with caps or goggles, this is grounds for a DQ.
- o Stay in the water until the end of race except during a relay, when you get out of the water immediately and stay off the pads or it will trigger the next racer as finished.
- o Hold completely still on block when "Take your mark" is called, fixing of goggles, wiggling or pulling back could be a charge of false start.
- o It is against USA Swimming rules for parents to be on deck during a meet. This is an insurance liability and membership rule imposed by USA Swimming. Only swimmers, coaches and staff registered with USA Swimming and volunteers serving in a meet capacity are allowed on deck.
- o As a matter of courtesy, all questions concerning meet results, officiating or the conduct of a meet should be referred to the Delta coaching staff. They will pursue the matter through proper channels.
- o As a matter of pride, leave the Delta team area in a neat and clean condition at the conclusion of each session.
- o There is no scratching (not swimming) from events at meets without the permission of the coach.

**WHAT IS EXPECTED OF DELTA SWIMMERS AT MEETS:**

- o Wear your team suit, cap and T-shirt or warm-ups.
- o Mentally go through your race before stepping on the blocks; feel and act confident, you are ready!
- o Watch the other swimmers, especially the good swimmers. Learn from them.
- o When any teammate does a great job, let him know, whether in a meet or at practice.
- o Practice GOOD SPORTSMANSHIP! Cheer on your teammates!
- o Help teammates out, especially younger or new swimmers. Always travel in pairs.
- o ALWAYS get your time after each race and be sure to report to your Coach after each race.

**Should you have ANY questions, please direct them to a coach ASAP!**