

WEST REGIONALS 2020

Friday, February 7 and Saturday, February 8, 2020

Edmond Schools Aquatic Center

2901 Marilyn Williams Drive, Edmond, OK 73034

*The ESAC is located at the north end of the Mitch Park YMCA. There is an EPS entrance on the north end. Please enter there and not through the YMCA entrance.

5A: Friday and Saturday

8:00 am- Doors Open

8:30 am- Warm Up

9:30 am- One-way sprints in the comp pool

9:30 am- Coaches' Meeting

9:40 am- Timers Meeting

9:45 am- Comp pool closes

9:55 am- National Anthem (please email me if you have a swimmer who wants to sing either day)

10:00 am- Meet Begins

6A: Friday and Saturday

2:30 pm- Doors Open (if 5A is finished and deck is ready)

3:00 pm- Warm Up

4:00 pm- One-way sprints in the comp pool

4:15 pm- Coaches' Meeting

4:40 pm- Timers Meeting

4:45 pm- Comp pool closes

4:55 pm- National Anthem (please email me if you have a swimmer who wants to sing either day)

5:00 pm- Meet Begins

Directions from I-35: Take Covell exit (143) from I-35. Cross Edmond going west for 6 miles to the Edmond Schools Aquatic Center located in Mitch Park.

Directions from State Highway 74 (Hefner Parkway): Take Covell going east for 4 miles. Pass Santa Fe and enter into Mitch Park off of Covell at Marilyn Williams Drive.

PARKING: All buses may drop off at the pool doors, but must park in the two large lots east of the YMCA entrance. These lots are across from the softball/baseball fields.

ENTRY FEE: \$5.00

SEATING: Assigned team seating will be posted on deck the day of the meet.

DECK REQUESTS:

No bus drivers, parents, siblings, friends, or non-swimming classmates on deck. **NO EXCEPTIONS!**

-ALL SWIMMERS SHOULD STAY ON DECK. If a swimmer must be in the lobby at the concession, dry off completely. Lastly, no swimmers should be in the grandstands or lobby bathrooms.

-Coaches should make a plan to have swimmers sign out without involving the door volunteer. Please talk with your swimmers and parents about seeing the big picture on deck and texting their swimmers to come to the lobby. Lastly, parents will not be on deck to sign swimmers out, so coaches need to arrange a way to make contact with parents.

MY DOOR VOLUNTEERS ARE ON DECK TO HELP RUN THE MEET, NOT RUN ERRANDS FOR PEOPLE FROM THE LOBBY.

-No food will be delivered on deck. Have swimmers arrange food ahead of time.

SWIMMERS SHOULD USE THE YMCA LOCKER ROOMS. NO CELL PHONES IN THE LOCKER ROOMS. NO SWIMMER SHOULD BE IN OR USE THE LOBBY BATHROOMS.

WARM UPS: Friday and Saturday are assigned times, but open lane warm up

5A:

8:30-9:00 am Bethany Bridge Creek (1 swimmer)	9:00-9:30 am Ada (2 swimmers) Byng 9 (5 swimmers)	<i>The south pool will be available from 9:30 am until the end of the meet for warming up and cooling down.</i>
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Carl Albert Chickasha Harding Charter Prep Heritage Hall Mount St. Mary OCS (3 swimmers) Piedmont Southwest Covenant (6 swimmers) Tuttle (1 swimmer)	Duncan Eisenhower Macarthur Marlow (5 swimmers) Newcastle Altus Elgin Guymon Lone Grove (3 swimmers) Plainview (8 swimmers)	
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6A:

3:00-3:30 pm Deer Creek Edmond Memorial Edmond North Edmond Santa Fe Del City Midwest City Putnam City Putnam City North Putnam City West	3:30-4:00 pm Lawton Moore Mustang Norman Norman North Southmoore Westmoore Yukon	<i>The south pool will be available from 4:00 pm until the end of the meet for warming up and cooling down.</i>
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TIMERS:

5A- Friday: Lane 1- Altus Lane 2- Bethany Lane 3- Carl Albert Lane 4- Chickasha Lane 5- Duncan Lane 6- Eisenhower Lane 7- Guymon Lane 8- Heritage Hall	5A- Saturday: Lane 1- Macarthur Lane 2- Mount St. Mary Lane 3- Piedmont Lane 4- Ada/Byng Lane 5- Elgin Lane 6- Harding Charter Prep Lane 7- OCS/SWC Lane 8- Lone Grove/Marlow	EACH SCHOOL ASSIGNED IS RESPONSIBLE FOR SENDING 2 TIMERS. THESE TIMERS WILL BE ON DECK FOR THE DURATION OF THE MEET.
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6A- Friday: Lane 1-Deer Creek Lane 2- Del City Lane 3- Lawton Lane 4- MWC Lane 5- Moore Lane 6- Mustang Lane 7- Norman Lane 8- Norman North	6A- Saturday: Lane 1- PCO Lane 2- PCN Lane 3- PCW Lane 4- Southmoore Lane 5- Westmoore Lane 6- Yukon Lane 7- 1 Yukon/ 1 Mustang Lane 8- 1 Moore/ 1 MWC	EACH SCHOOL ASSIGNED IS RESPONSIBLE FOR SENDING 2 TIMERS. THESE TIMERS WILL BE ON DECK FOR THE DURATION OF THE MEET.
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