

GSSA 2017 Coaches Brief

Three new items for meets this year at Raco

TENTS: All tents MUST be set up in the parking lot area of the facility. There are NO tents allowed on the Head Street side of the facility (This is the area outside the playground.) All tents must be 8 feet from the fence area to allow spectators to view the meet.

PLAYGROUND NOTE: The playground outside of the fenced pool area is for children use only. This is a city playground and is open to the residents of Manchester during the meet. **There is absolutely no use of the playground as a viewing area during the meet by adults.** Adults are allowed in the playground area to supervise children using the playground only. Any adult standing on the playground equipment to watch the meet will be asked to leave the facility immediately.

WARM-UP AND WARM-DOWN AREA: This year we would like to have all warm-up and warm-downs take place in lane 10 and not use the teaching pool area for anything other than overflow of warm-ups and warm-downs. This is for safety reasons. Please make sure you communicate to all your swimmers this policy.

- We are pre-seeding this meet. Scratches are due as follows:
 - All Friday scratches are due by 9:00PM Thursday August 3rd
 - All Saturday scratches are due by the end of the Friday Session
 - All Sunday scratches are due by end of Saturday Session
 - Please send all scratches to Greg Gowern at MSTRapids@comcast.net or in person during the meet.
 - **NOTE: Scratches are EXTREMELY important ahead of time as it allows us to run an efficient event in a reasonable amount of time. Pre-seeding allows us to have all heat sheets printed ahead of time so we can start the meet on time.**
- All teams are asked to submit preliminary relay names via a meet file after they have sent in scratches. This allows the entry chair doesn't have to manually enter all names into the system. Final Relay names are due one hour prior to the relay event. Changes must be placed with the Meet Manager at the table.
- As discussed at the GSSA annual league meeting not all starting blocks at the facility are exactly the same.
- As Raco Pool has the ability to use 10 lanes, we reserve the right, after scratches, to reseed and, if needed to accommodate the timeline, to close the warm-up lanes and run events using 10 lanes.
- We will run empty lanes for any no shows without penalty. You do not need to inform the Official that your swimmer is not available.
- We ask that coaches be very aware of relay scratches as well, and submit these as early as possible.

- We will have lane 10 available for the duration of Friday and Saturday for warm-up and warm-down during the meet. PLEASE inform your swimmers that this lane is open for this reason only. The attached teaching pool is NOT A PLAY POOL during the meet.
- **IMPORTANT NOTE ABOUT HEAT SHEETS.**
 - All Coach's Heat Sheets will be available at the Clerk of Course table
 - All Heat Sheets for Officials will be distributed through the **Head Ref ONLY**.
 - Heat sheets will be for sale at the concession stand for \$5.00 per day. MST does not charge any admission nor parking, so please pass this information along to your parents.
- The parking areas at RACO will not open on Saturday and Sunday prior to 7:00am. **Please do not arrive early.**
- The Raco Pool is a public facility and is in use prior to our event on Friday. We ask that no teams arrive prior to 2:00PM. **Early arrival may jeopardize the future ability to host GSSA Championships**
- Park in designated areas as directed by the attendants. DO NOT park on the street as you may be ticketed and/or towed.
- Due to space constraints, we will not be allowing tents to be set up on the pool deck. Space is available in the fields for tents.
- ONLY Swimmers, Coaches, Officials and parents who are working the meet are allowed to be on deck. Individuals who violate this may risk their swimmer being disqualified.
- Every team is responsible for the behavior of their parents, workers and swimmers. Any damage to the facility or disruptive behavior will not be tolerated and is grounds for expulsion from the park and disqualification from the meet.
- Please do your best to police your area and clean up throughout the day. We will provide trash bags for all teams to help assist you with this.
- There is ABSOLUTLY NO photography on deck by parents. You may take as many pictures and videos of your swimmers outside the fence area.
- Due to USA Safe Sport rules there is absolutely no photography or video from behind the starting blocks of the pool. Even though this is outside the completion area of the event it is still considered by USA swimming to be illegal. This is for the protection of the athletes. PLEASE OBEY this rule.