



# LMYA Dolphins Team Meet Sheet

To: LMYA Swimmers  
Re: Swim Meet – Nike Invitational – Saturday, May 24, 2014

## CHECK IN, START TIMES AND WARM-UPS

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### CHECK-IN

Swimmers must check-in before their event at the **Meet** Check-In desk (this is not a LMYA person or table – this is the meet organizer). For younger swimmers, parents should bring their swimmer to the Check-In table. The meet organizers will then have your swimmer seated according to their heat and lane, and they will be directed to the pool at the appropriate time. Parents are not allowed beyond this point, and can return back to the pool bleachers to enjoy the meet and your child(ren)'s event(s).

### SET-UP & WARM-UPS

LMYA Camp Set-up: 7:00 AM  
LMYA Warm Ups: 7:30 AM  
Team Meeting & Cheer: 8:40 by LMYA camp. Look for the coaches.  
Meet Start Time: 9:00 AM  
Estimated Meet End Time: 2:30 – 3:00 PM

## LOCATION AND PARKING

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Lehmer's Pontiac/GMC Aquatic Center at Diablo Valley College, 321 Golf Club Road, Pleasant Hill, CA. From Interstate-680, take the Willow Pass Road exit and turn west onto Willow Pass Road. Turn right onto Contra Costa Boulevard. Turn left on Golf Club Road. Turn left at the first light into Diablo Valley College. Immediately turn left again, and park in the large lot. The Aquatics Center is south of the tennis courts.

### TEAM SET-UP

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LMYA traditionally sets up right outside the baseball fields, but keep an eye out for the LMYA banner and or other LMYA team members. Don't forget to bring folding chairs, pop up tents (optional), blankets, several towels, sweats, jackets, goggles and swim suits.

### EVENTS

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8 & U = 25 yards      9 - 14 = 50 yards      15 – 18 = 100 yards

### Order of Events

MR (Medley Relay), Backstroke, Butterfly, Breaststroke, Freestyle, FR (Free Relay)  
Order for Age Groups: 8&U Girls, 8&U Boys, 9-10 Girls, 9-10 Boys etc.

### FOOD SERVICE

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Food is available at the Snack Shack inside the main pool gates.



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## NOTES

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The meet program is available for download off the Nike Invitational Event Page. Please review prior to the meet to locate your swimmer(s)' heat and lane assignment for each event.

Have fun at the first official meet of the season, and GO LMYA DOLPHINS!