



# Visalia Waves



## Meet Requirements

(2010 – 160 swimmers)

1. All meets will be held at Golden West High School (1717 N. McAuliff Rd.)
2. Meets will begin at 6:30 P.M. and will run until complete. There is no cut-off time.  
Warm-ups: Waves 5:15-5:45 P.M.  
Visiting team 5:45-6:15 P.M.
3. We will run eight lanes with blocks on both ends of the pool.  
Home team has even lanes (2,4,6,8).  
Visiting team has odd lanes (1,3,5,7).
4. Events:  
Freestyle and Backstroke – unlimited heats of each  
Butterfly, Breaststroke, and I.M. – 3 heats of each  
Relays – 1 heat
5. Visiting team please provide:
  - a) One stroke and turn judge
  - b) Four recorders and 12 timers
  - c) Three team rosters (one male, one female, and one full team) with swimmers names and ages in alphabetical order. PLEASE e-mail to Ali Ayers ([aliayers87@gmail.com](mailto:aliayers87@gmail.com)) at least 72 hours before the day of the meet.  
*ALL SWIMMERS MUST BE MARKED before the start of the meet. Number kids on LEFT HAND only please!*
6. All CVRSL rules will be recognized. Stroke and turn judges will be used for all ages.
7. Visiting teams are responsible for getting their swimmers to the appropriate lanes on time. PLEASE be sure your designated area is picked up before you leave.
8. Ribbons will be awarded for 1<sup>st</sup>-8<sup>th</sup> place in individual events and 1<sup>st</sup>-6<sup>th</sup> in relays. A coach or other designated person may pick them up after the meet. You will also be given a complete backup of the meet.
9. A full dinner and snack bar will be available.
10. No glass containers, alcoholic beverages, or smoking is allowed in/near the pool complex.

### CONTACT PEOPLE

Ali Ayers (Head Coach) 679-7352 [aliayers87@gmail.com](mailto:aliayers87@gmail.com)

Gina Borba (Computers) 799-8434 [portian@aol.com](mailto:portian@aol.com)

President has yet to be selected.

**WE ARE LOOKING FORWARD TO SWIMMING WITH YOU!!**

**THANK YOU AND SEE YOU AT THE POOL!**