

**PC-C/B/A+ Long Course Meet**  
**Idelwild Pool at Idlewild Drive, Reno, NV**  
**Friday, Saturday, & Sunday**  
**June 18-20, 2010**  
**Reference Sheet**

**DIRECTIONS** From CA: I-80 to Reno, take Keystone Ave. exit from freeway. Go south on Keystone – stay in far right lane until you reach Riverside Dr. Do not go on overpass. Turn right on Riverside, continue about one block and turn left onto Booth Street Bridge, then take a sharp right turn onto Idlewild Drive. The pool is two blocks up on the right.

**IMPORTANT PHONE #'S** Meet Director: Dan Meyer @ (775) 852-4929  
David @ (415) 730-7365; DeLorean @ (717) 476-8698; Cary @ (415) 309-9034

**TIMES TO ARRIVE** Fri. Sat. & Sun. Sessions  
Arrive @ 6:45 am

**BEFORE YOU ARRIVE**

- 1) Learn your events and event numbers by heart
- 2) Eat a good breakfast/brunch
- 3) Arrive in your bathing suit/warm-ups (EVERYBODY WEAR BLACK AND WHITE!)

**WHEN YOU ARRIVE**

- 1) Check – In: First with David, and then with the CLERK-OF-COURSE.
- 2) Go to designated area
- 3) Warm-up with your team
- 4) Team Meeting
- 5) Swim and Cheer for your Teammates

**CHECK LIST**

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|---|---|
| • USS CARD                                    | • Warm-ups  |
| • Event #'s                                   | • Sunscreen/Hat (OUTDOOR POOL)                    |
| • Team suit                                   | • Change of clothes                               |
| • Team Cap                                    | • Extra suit/cap/goggles (strongly recommended)   |
| • Goggles                                     | • Snacks/Water (no soda, candy, chips, junk food) |
| • Parka                                       | • Games/Homework/Books                            |
| • Team Notebook                               | • Money for Snack Bar                             |
| • Towels (one per event plus one for warm-up) |   |

**BASIC MEET RULES (include, but are not limited to...)**

- 1) Stay in designated area. Swimmers are not allowed to leave the pool deck at any time during a meet. Swimmers must check in before and after each event with David, DeLorean, or Cary. When they are not competing, swimmers must be with their team in the designated area.
- 2) Be respectful and courteous. All swimmers must remember at all times that they are representing themselves, their teammates, the Pirates and the YMCA, and therefore they must be respectful of and courteous to all other swimmers, officials, timers, coaches, and patrons. Inappropriate behavior will not be tolerated. Keep the pool clean. Leave the deck cleaner than you found it. We want to be invited back to these meets.
- 3) Stay calm. Swimmers need to reserve their energy for the race. Therefore, no running, screaming (unless it is cheering), or horseplay.
- 4) Support your team. Above all, be there for your teammates. They will be there for you. When you are on the deck you are first a Pirate, and second, a swimmer.
- 5) Be on time to your events. Swimmers can miss events if they aren't paying close attention to what is going on around them. Be standing behind the timers 2 heats before your event. Take that time to think about your race. (Be in your warm-ups to stay warm). Have your events written on your hand.