



WELCOME TO OLD BRIDGE ESTATES HOME OF THE OLD BRIDGE BREAKERS

We look forward to hosting your team. Here is some information about swim meets at our pool.

Parking

Parking is available on the street on Beaver Pond Road, outside the pool. The pool address is 3600 Beaver Pond Rd. Woodbridge, VA 22192. Additional street parking is available on Catawba Drive and Valleyhill Drive, which intersects Beaver Pond Rd. immediately before and after the pool. Please do not park on pipestems or in townhouse areas; these are private roads and are not available for parking. Also, please avoid blocking curb areas on Beaver Pond Rd. that are marked in yellow, or any area in front of a curbside mailbox. Our pool has a very small parking lot. We've reserved two spaces for your coaches. Please have them bring one of the enclosed parking passes.

Warm-ups

The meet will start at 7:00 a.m. Old Bridge has the first warm up at 6:10 a.m., and the visiting team warms up at 6:30 a.m. The pool is cleared at 6:50 a.m. There are a number of residences very close to the pool and we ask that noise be kept to a minimum prior to the start of the meet, i.e. no bull horns, noisemakers, loud radios.

Officials

Please bring a referee and as many stroke & turn officials as possible. If the visiting team has a starter, they will trade off duties with the Old Bridge starter. A meeting for all officials will be announced during warm-ups.

Meet Volunteers

We run three shifts of volunteers; 7:00 – 9:00 a.m., 9 – 10:30 a.m. and 10:30 a.m. – End of the meet. We ask that the first shift volunteers be in place by 6:55 a.m.

Timers/Recorders: Please provide (2) two timers for lanes 1, 3 and 5, one (1) timer and one (1) recorder for lanes 2, 4 and 6.

Additional Volunteers:

- 1 - Head Timer per shift
- 2 - 10 and under Clerk of Course per shift
- 1 - 11 & Older Clerk of Course Clerk per shift
- 1 - Deck Runner per shift
- 1 - Ribbon Writer per shift. We do not start ribbon writing until shift 2.
- 2 - Scorers/Verifiers per shift
- 1-2 computer guys per shift

Relay lanes

Visiting team relay lanes are 2, 4, and 6.

Computers, ribbons, scoring

These functions are all located on the second floor of the pool house. Access is by the staircase facing Beaver Pond Road. Due to space constraints access to this area is limited to volunteers working these functions. Swimmers may visit parents briefly during the meet, but we ask that they stay in team areas

when not swimming.

Clerk of course

There are two clerks of course areas: 8 & under and 9-10 swimmers are on the deck area adjacent to pool house. Older swimmers are diagonally across the pool adjacent to the semi-circular extension to shallow end of pool. Visiting team relays form in the semi-circular area.

When events are announced over our public address system swimmers should proceed to their clerk of course areas. A flip chart showing the event that was most recently called will also be displayed. The chart is located next to the meet announcer on the pool deck.

Deck access

The actual deck area of our pool is very small. Consequently, only working officials, volunteers, coaches, and swimmers who have been called for their events are permitted on the deck. When swimmers have finished their events and have reported results to their coaches, they are asked to leave the deck area promptly. There is a viewing area just inside the gate where family members can watch and cheer for their swimmers. Please share this information with the families on your team.

Meet Heat (Psych) Sheets

Meet heat (psych) sheets will be posted on the Old Bridge Breakers web site and will be available for download by both teams after 10:00 p.m. on the Thursday prior to the meet. The file can be found on the home page of our web site. The web address is www.obebreakers.org. We will also email the file to the visiting team's computer representative. Copies of the heat (psych) sheets will be given to all Stroke and Turn officials as well as 4 copies for coaching. There will not be any heat (psych) sheets for sale at the concession stand. Please encourage your team families to download as many copies as they would like before coming to the meet. It is our hope that this will cut down on paper waste and give everyone a chance to have a heat (psych) sheet ahead of time.

Equipment

The pool is a 6 lane 25 Meter pool. The backstroke flags are not set to the proposed guidelines so please inform your coaches and officials. Old Bridge will not mandate dive over starts.

Please bring your Colorado Timing System fully charged, as a back-up. Additionally, please bring enough stopwatches for the timers from your team. You may want to bring one canopy for your coaches.

Concessions

Our fully stocked and staffed Concessions stand will provide a variety of delicious hot and cold food and drink for purchase throughout the meet beginning at 6:30 a.m. We will provide your coaching staff with five (5) concession vouchers.

Sportsmanship

In keeping with PWSLs commitment to league-wide good sportsmanship, please know that such respectful behavior is something that the Old Bridge Breaker coaching staff, swim committee and parents seek to instill in each swimmer. Athletes are taught to encourage and motivate through cheers, positive focus, and praise. After a hard race, acknowledging the efforts of your opponent, win or lose, always speaks volumes in developing the character of our swimmers. We know that the competitive nature of sports often makes for emotional events. No matter the age, Breakers are encouraged, and shown by example, to be in control of their actions and exercise good sportsmanship at all times. We look forward to a friendly, respectful competition!

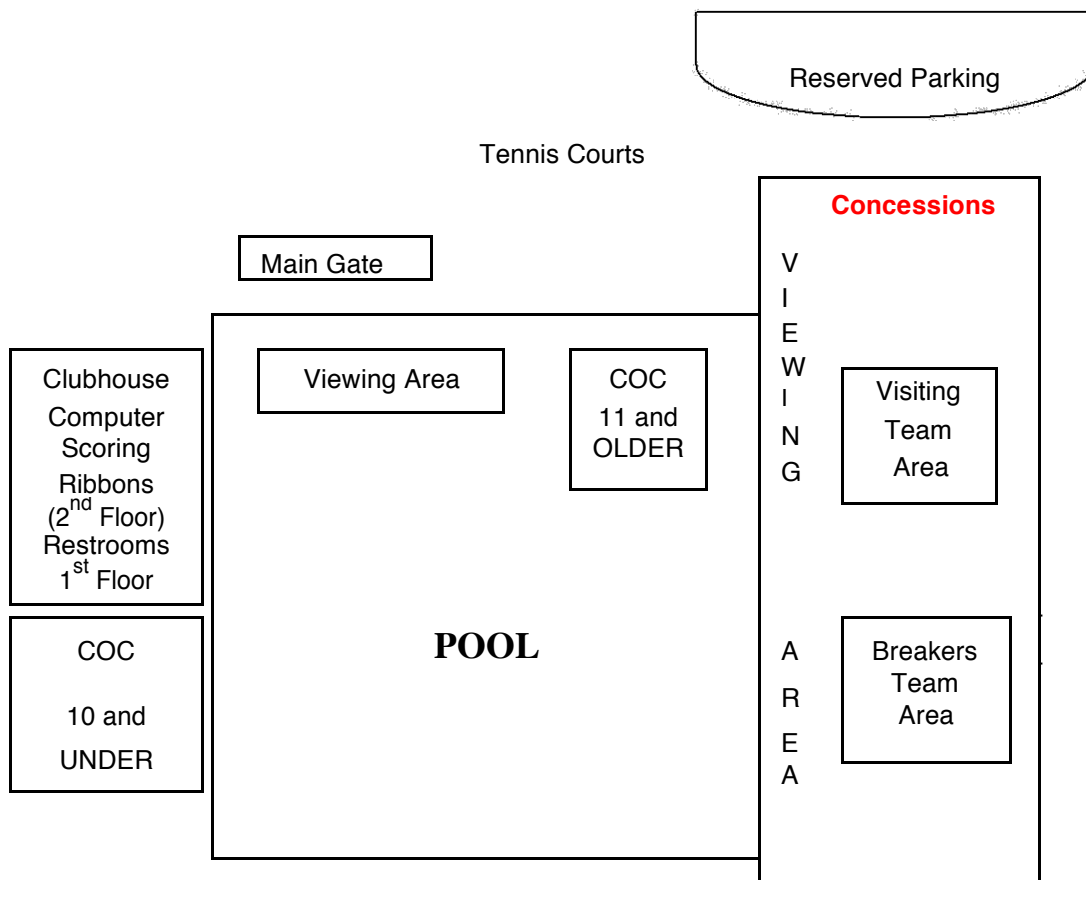
Meet Rule and Procedures (Prince William Swim League By-Laws)

Swimmers may not compete in a meet with body or hair paint except for event numbers placed on hands or arms. Swimmers in violation of this rule will be allowed to remove paint at clerk-of-course to compete, if paint is removed before his/her heat is ready to compete. Temporary tattoos are not in violation of this rule.

Contacts

Stephanie Martin	Swim Team Director	(703) 987-7895	skemartin@verizon.net
Tina Neff	PWSL Representative	(703) 380-2743	tina.l.neff@gmail.com
Lisa Good	Meet Manager	(520) 465-4055	ergoodaz@gmail.com
Amy Ford	Head Official	(703) 629-0654	amy_ford@verizon.net
Donovan Brock	Computer Rep	(571) 278-1398	dbrock@cpas4you.com

Please see the next page for a map of the pool and team areas.



Team area

Team areas are on the tennis courts. Access will be available beginning at 5:30 a.m. Visiting team area is on the half of the court that is adjacent to the concessions stand, closest to Beaver Pond. Please do not use sharp-tipped objects, chairs, tents, etc., that can mar the court surface. No pets are allowed on the tennis courts. Visiting teams may begin setting up their tents between 8:30 - 9:00 p.m. on Friday night.