

**The FAST Swim Team  
TYR Independence Invitational  
Long Course Age Group Meet  
July 4 - 6, 2008  
Janet Evans Swim Complex  
Fullerton California**

**COACH'S INFORMATION GUIDE**

**The purpose of this guide is to provide information to share with your athletes and their families. It includes the following information:**

- 1) Parking Information**
- 2) Canopies**
- 3) Estimated Timeline**
- 4) Team Timing Chair Assignments**

**PARKING INFORMATION**

Parking is available at Independence Park as well as the DMV parking lot.

**CANOPIES**

Canopies are to be set up in designated areas. We ask parents to set up canopies on the grass only to allow for deck traffic and emergency vehicle access. Also, the area between the pool complex and recreation center must be kept clear.

Parents are to be informed the area behind the blocks is for swimmers and meet officials only.

**ESTIMATED TIMELINE**

**Friday July 4<sup>th</sup>**

The session begins at 9:00 AM and will run to approximately 11:30 AM.

**Saturday July 5<sup>th</sup>**

The morning session begins at 9:00 AM and will run to approximately 10:45 AM.

The afternoon session may begin 45 minutes after the morning session ends but will not start before 12 PM.

Based on this timeline, the afternoon session may start at 12 PM will run to approximately 4:30 PM.

### **Sunday July 6<sup>th</sup>**

The morning session begins at 9:00 AM and will run to approximately 10:30 AM.

The afternoon session may begin 45 minutes after the morning session ends but will not start before 12 PM.

Based on this timeline, the afternoon session may start at 12 PM will run to approximately 5 PM.

### **Notes for Coaches and Swimmers:**

Swimmers in the OPEN 400 IM, 400 and 800 Freestyles must provide timers for 3 heats. The OPEN 400 IM, 400 and 800 Freestyle events will be seeded fastest to slowest and we will alternate girls and boys. You must also provide a person to count laps and your own underwater lap counter.

**The timelines provided are estimated only and may change due to scratches and other factors.**

# Timing Assignments

## TYR Independence Invitational July 6-8

The following teams have timing chairs assigned for this meet:

BCH	CCY	FAST	LBST	OCW	SDAC	TRID
BREA	CERR	GWSC	LRL	OSC	SPLA	ZAP
BSC	DA	LAC	NCA	RST	STOP	

### Friday July 4

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<b>Chair 1</b>	OSC	TRID	LAC	ZAP	GWSC	BREA	FAST	FAST
<b>Chair 2</b>	RST	CERR	OCW	ZAP	GWSC	BREA	FAST	FAST
<b>Chair 3</b>	CCY	DA	STOP	ZAP	NCA	LBST/SDAC	BCH/BSC	FAST

### Saturday July 5 - Morning Session

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<b>Chair 1</b>	GWSC	OSC	STOP	ZAP	ZAP	BREA	LAC	TRID
<b>Chair 2</b>	LBST	OSC	STOP	ZAP	LRL	BREA	LAC	CERR
<b>Chair 3</b>	CCY	STOP	STOP	ZAP	LRL	BREA	LAC	OCW

### Saturday July 5 - Evening Session

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<b>Chair 1</b>	GWSC	BSC	STOP	ZAP	NCA	BREA	SDAC	FAST
<b>Chair 2</b>	GWSC	SPLA	STOP	ZAP	NCA	BREA	SDAC	FAST
<b>Chair 3</b>	CCY	TRID	OCW	ZAP	NCA	BREA	LAC	FAST

### Sunday July 6 - Morning Session

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<b>Chair 1</b>	GWSC	CCY	STOP	ZAP	ZAP	BREA	LAC	OSC
<b>Chair 2</b>	GWSC	RST	STOP	ZAP	LRL	BREA	LAC	CERR
<b>Chair 3</b>	LBST	STOP	STOP	ZAP	LRL	TRID	LAC	OCW

### Sunday July 6 - Evening Session

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<b>Chair 1</b>	GWSC	BSC	STOP	ZAP	NCA	BREA	SDAC	FAST
<b>Chair 2</b>	GWSC	OSC	STOP	ZAP	NCA	BREA	SDAC	FAST
<b>Chair 3</b>	CCY	TRID	OCW	ZAP	NCA	BREA	LAC	FAST