

Provincials at a glance

Robyn's home number 514.225.5465 (if you need to scratch for the next day)

Team cell: tbc (please contact Robyn if you are willing to lend your cell phone, with voice mail, for the day, so we can receive calls on deck from swimmers who may become ill.)

Location: Olympic Park Pool, or Piscine Parc Olympique, 3200 Viau.

Web site http://www.rio.gouv.qc.ca/pub/centre/centre_installations.jsp

installation: 10-lane 50m pool with a separate 5-lane 50m pool available for warm-up and cool-down.

Metro: Viau (green line), follow the signs.

Driving: Take 720 East (Ville Marie), which turns into Notre Dame when the highway ends.

Turn left (north) onto Viau, and continue until you get to the parking for the pool.

Parking is \$12, or \$2 for members of the olympic pool. (A 3-month membership costs about \$70 with tax so if you think you're going to want to keep swimming long course before we go to Jean Drapeau in June, this is not a bad deal for someone going to all three days.) You may find some on the street but most parking in the area is residents-only so this will be difficult to find and is not recommended.

Schedule at a glance

Friday, April 17

(Events listed in order at the end of this document)

Warm-up 1pm - 2pm

coaches' meeting 1:40

meet starts 2:05 pm

Saturday April 18

Warm-up 8:00 am - 9 am

meet starts 9:05 a.m. (come and cheer for us crazy people doing the 400 IM!!)

Manuvie Awards Ceremony 3 - 5 pm

(on site at PPO, follow the signs)

All registered swimmers invited

Refreshments served

Sunday April 19

Warm-up 8:00 - 9 a.m.

Meet starts 9:05 a.m (come and cheer for us crazy people doing the 200 fly!!)

Starting around 4pm: **The victory party:** Moe's Bar and Grill, a few minutes walk away (you don't need to swim to go to the party!)

<http://www.moesbarandgrill.com>

3950 Sherbrooke at the corner of Charlemagne, tel 514.253.6637

Reservation (tentatively 40-60 people) under name Robyn Ouimet for 16h, if you're finished sooner just tell them when you arrive that you're part of the group.

We need to confirm the reservation numbers (it can go higher) so please sign yourself and your guests up on the board or email Robyn before Friday, even if you checked off 'party' on the original sign-up sheet.

IMPORTANT INFO

Lend a hand: Volunteers are still needed as officials, especially for Friday and Sunday. Please consider bringing a friend along (no experience required) or doing so yourself if you are not competing. On-deck volunteers are also needed to be 'team moms' - help get people to races on time, etc. For either role, please send name, email address and availability to Robyn ASAP.

The meet will not be swum mixed, i.e. men and women will race separately. The 400m, 800m and 1500m freestyle may be swum two to a lane (you will be either required to swim on the right OR left of the lane, not circle swimming) in 2 pools (there is a second 50m pool under the stands).

Positive check-in is required for the 800m and 1500m races on Sunday. That means that if you don't locate and sign-off (or highlight) your name on the check-in sheet at the clerk-of-course table on deck before the end of the 100m free on Sunday morning, you will automatically be scratched. (This is to avoid swimming these long heats with wasted, empty lanes.) If you know you will only arrive later, please tell Robyn in advance so she can arrange to have you checked in.

Distance swimmers: Robyn will bring the club's lap counters and they may be used on a first-come, first-served basis. You are responsible for finding someone to count laps for you. The timers will also count, and will ring a bell over you when you have 2 laps (100m) to go. (If you are not sure if the bell is for you, do your 100m as if it's the last, then stop and ask them if you're done.)

Relay teams are being finalised in advance and will be distributed this week. If you do not show up without warning us, your team cannot swim. Please be sure to contact us in advance if you will not be there. Relay substitutions for each day will only be accepted up to the following deadlines:

Friday: 2:00 pm, start of events

Saturday: the end of the 400 IM (first event), estimate: 9:45

Sunday: the end of the 200 fly (first event), estimate: 9:30

This pool environment tends to be relatively cool - BRING footwear, a sweater or 2, t-shirt, towel etc. There are saunas in the changing rooms at this pool, so you should be able to go warm-up in there if need be.

Stay off your feet. If you have a portable camping-style chair, consider bringing it. It's no surprise if your legs are too tired to kick because you were standing on hard deck tiles all day. You've trained for this: now let your body have the conditions for success!

Know your rules: not sure about a technical detail? Ask your coach! (No watches, no false starts!)

Bring food that you like (bear in mind common allergies.) Snacks are typically provided, but a steady fuel and liquid intake is especially important at a 3-day meet. Spread your usual meals over the course of the day in small portions: and eat as much as your body will let you (you'll be working HARD!)

Event order (refer to the list of swimmers and check-off or circle your events!)

Friday (warm-ups 1pm)

400 FR

100 BR

MIXED 4 X 50 FR RELAY

BREAK

50 FLY

200 IM

Saturday (warm-ups 8 am)

400 IM

50 BR

200 FR

4 X 50 MED RELAY

BREAK

4 x 50 FR RELAY

100 BK

200 BR

50 FR

Sunday (warm-ups 8 am)

200 FLY

50 BK

100 FR

4 X 50 MIXED MED RELAY

BREAK

200 BK

100 FLY

800 FR

1500 FR