

2025 SI JBST All Ages A/BB Meet Information October 24-26, 2025

Lawrence Family JCC / 4126 Executive Drive / La Jolla, CA 92037

TARPS AND TEAM AREAS:

The pool deck will open at 6:55 am with the first warmup beginning at 7:00am. Everybody must enter the pool deck through the blue gate located on the west side of the building through the Executive Dr parking lot.

Team tarps/canopies are NOT allowed on the pool deck. All team tarps and canopies will be set up on the field that is directly behind the bleacher side of the facility.

Coaches' tables, chairs, and canopies will be provided and set up.

Parents can set up outside the pool area on the field. The deck will be for SPECTATING ONLY. No lawn chairs or canopies will be allowed.

HOSPITALITY AND SNACK BAR

We will be offering a full-service coffee shop/cafe inside the building. The Bean will be open throughout the duration of the meet to offer handcrafted beverages and food.

Hospitality will be available for Officials and Coaches located in the Meditation Room inside the facility. This room can be located in the main hallway of the building.

WARM UP SESSIONS:

Friday:

Friday: All swimmers must check in before 4:30 p.m. on Friday night.

Friday Distance Freestyle events: 500//1650 freestyle All swimmers must have their own timer & lap counter.

SATURDAY:

Warm Up #1 7:00 am - 7:35 am – JBST (Lanes 6-9 main pool ,1-4 shallow lanes) / RSD (Lanes 1-5 main pool ,1-5 deep lanes)

Warm Up #2 7:35 am - 8:10 am – PS (Lanes 1-4 main pool ,1-5 deep end lanes) / SBA (Lane 5-7) NCA (lane 8-9 main pool,1-4 shallow end lanes)

***Warm Up #3 8:10 am - 8:45 am** –

SEA/SDSA/HSA/CSTE/MVY/CALI/WIND/ICAC/RYAN/RAQ/TAQ/RST/RRST/MGST

***Open warm up 9 lanes main pool +5 deep end lanes + 4 shallow end lanes**

The meet ref will determine dive lanes for each session.

SUNDAY:

Warm Up #1 7:00 am - 7:35 am – JBST (Lanes 6-9 main pool ,1-4 shallow end lanes) / RSD (Lanes 1-5 main pool ,1-5 deep end lanes)

Warm Up #2 7:35 am - 8:10 am – PS (Lanes 1-4 main pool ,1-5 deep end lanes) / SBA (Lane 5-7) NCA (lane 8-9 main pool,1-4 shallow end lanes)

***Warm Up #3 8:10 am - 8:45 am** –

SEA/SDSA/HSA/CSTE/MVY/CALI/WIND/ICAC/RYAN/RAQ/TAQ/RST/RRST/MGST

***Open warm up 9 lanes main pool +5 deep end lanes + 4 shallow end lanes**

The meet ref will determine dive lanes for each session.

LANE TIMING ASSIGNMENTS:

DAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
SAT	NCA	SEA/SDSA	PS	PS	RSD	RSD	SBA	JBST	JBST
SUN	NCA	SEA/SDSA	PS	PS	RSD	RSD	SBA	JBST	JBST

LEDGE INFORMATION FOR ATHLETES- Please share with your athletes

1. Backstroke ledges will be pre-set at zero (0). At this point, when the ledge is placed in the water the ledge will sit about 2" down from the top of the pad.
2. Swimmers will be allowed to adjust the ledge for their heat and lane only. Adjustments can ONLY be made while the ledge is under the starting block (out of the water) before the swimmer enters the pool.
3. To adjust the ledge, move the metal hook on the strap.
4. Ledge's will be adjustable to 4 centimeters below (downward only), this is due to the fact the pads hang off the pool gutters.
5. **NO adjustments will be allowed to the ledge once the ledge is in the water**

CHECK-IN:

Friday: All swimmers must check in before 4:30 p.m. on Friday night.

Friday Distance Freestyle events: 500//1650 freestyle All swimmers must have their own timer & lap counter.

Saturday Distance Freestyle events: 1000 freestyle All swimmers must have their own timer & lap counter.

Saturday and Sunday: All swimmers **MUST** check in by **8:30 am** to be seeded in the meet. Coaches may check in swimmers. Parents and other teammates are NOT ALLOWED to check in late-arriving swimmers. ONLY SWIMMERS checking in and COACHES are allowed in the check-in area.

The check-in table will be located on the pool deck to the right of the blue entrance gate. This will be the side that is opposite from the bleachers.

* No-shows penalties:

Missing an event will result in a swimmer being unable to swim in their next race (this carries over to the swimmer's first Sunday event if the last Saturday event is missed).

PARKING (PLEASE REFERENCE THE ATTACHED MAP):

****All officials will have reserved parking at the front of the building in the lot located off of Executive Drive****

For the Executive Drive lot, you will need to enter on the EAST Side of the lot and exit on the WEST side.

For the Eastgate Mall lot, you will enter the lot off of Eastgate Mall and exit the lot on Genesee Ave.

CLEAN-UP/OVERNIGHT CANOPIES:

Coaches are required to make sure their area is clean and clear before leaving each day. Please make sure your team areas are picked up of trash as well.

Canopies can be folded and left inside the pool area on Saturday. JBST and the Lawrence Family JCC cannot be responsible for canopies left outside in the field area overnight.

Team areas and Tennis Court number #1 will be covered with tents ,but feel free to use **TEAM CANOPIES**.

SAFE SPORT:

Cell phones/cameras: No cell phones or photography of any kind will be allowed behind the blocks. Video/photos can be taken from the side or at the turn end of the pool only.

Athlete Restrooms: The locker rooms that are attached to the building will be for ATHLETES ONLY. Athletes will not be able to access these locker rooms from inside the building as the door will be locked. The only access and exit will be the locker room doors located on the deck.

Athletes will also have access to the changing rooms that are located on either side of the lifeguard office. These will be for ATHLETES ONLY.

All teams should have Safe Sport or similar changing tents within their team areas. Those should be utilized. Keep in mind, deck changing is not allowed except within the confines of the changing tent.

Restrooms: Spectators, visitors, and all NON-ATHLETES are NOT allowed in the locker rooms at any point. There will be bathrooms available for all non-athletes on the bleacher side of the pool deck as well as within the building. You may use any bathroom within the building with the exception of the bathrooms located within the locker rooms.

AWARDS:

Individual – Medals for 1-3 and Ribbons for 4-8

