

We would like to welcome you to RCC for the fourth meet of 2017 on Monday, July 3, 2017 at 6:30 pm. You may want to be at the club around 5:30 pm. Warm ups are 6:00-6:15 pm for the visiting team and 5:45-6:00 pm for the home team.

****We had great success with pre-seeding our home meets. We would like to pre-seed our meets if you are agreeable. Pre-seeding for us is turning in the cards to the clerk of course upon arrival at the pool. The clerk would begin seeding the events so they are ready when the swimmers arrive at clerk of course. If you are agreeable, please turn your cards in to head table when you arrive at RCC along with your athlete roster, top times report and thumb drive. We will run several copies of the psych sheet for your use. Please call me if you have any questions or would like to discuss further. My cell number is 338-8204.****

We also plan to use flyover starts per the JRAC rule.

Please allow enough time to get to the club which is on the north side of Rt 6 (Patterson Avenue) west of Rt 288 and Rt 6 intersection. The address for internet mapping is 12950 Patterson Avenue, Richmond, VA 23233.

You can take I 64 west to Rt 288 south and then West Creek to Rt 6 and head west on Rt 6. Club is on the Right about 1 mile. BUT watch out for the West Creek exit off of 288 S. It's not well marked and the sign for Rt 6 (Patterson Ave West) is VERY small. If you go that way and see Rt 6 East (Patterson Ave East) take it and U turn and head west because you have gone 1 exit too far.

If you are on Rt 288 and cross the James River, you are REALLY too far. Exit and head back on 288 north. Rt 6 (Patterson Ave) West is more clearly marked in that direction.

The pool is on the left driving in, past the tennis courts. Try to park next to the pool. Our pool is legal in both ends so there is no necessity for in water starts for the mite relays. There are blocks on both ends. Use of the blocks is optional per JRAC rules.

Weather rules are:

1. 30 minute delay for thunder; clock resets for every occurrence of thunder.

2. Visible lightening, 30 minute delay and the pool deck must be cleared of people. Per JRAC, no postponements before 2 pm. After that it is the decision between the JRAC reps for both teams and the referee, coaches can participate but the decision is between reps and the referee.

Food - Unfortunately, club rules prohibit bringing food from outside into the Aquatic complex. However, food will be available from the snack bar.

Entree: Hamburger/cheeseburger/grilled chicken-\$4, 6 chicken nuggets-\$3, penne pasta with marinara sauce-\$3

Side: Chips, fruit, fries - \$2 each

Drinks: Bottled Water or Soda - \$2

Snacks: Assorted Candy Bars, Ice-cream Cups & Brownies: \$2

Assorted Specialty Ice-cream Bars (Choco Taco, Nutt n' Better, Ice-cream Sandwich, Klondike Bar & Strawberry Shortcake): \$4

Combo is available. 1 Entree, 1 Side, 1 Water or Soda - \$6

* Closed areas - The beach entry pools and zero depth pad are closed during the meet. The adult area will also be closed during the meet. It is intended for adults only and is separated by a plastic fence. The area between the main pool and the beach entry areas is for strokes and turns officials only as is the makeshift bridge on the peninsula from the beach entry areas to the pool deck.

* Chairs and tents - You may want to bring a chair. We have a lot of pool chairs, but you never know. Feel bring to bring pop up tents to set up on the grassy areas around the pool.

* Please assign some volunteers to swimmer management; i.e. swimmers to the CoC, mites to the blocks. We are an 8-lane pool so please assign twelve timers to cover your timer positions.

Thanks for your help.

Please see the referee or meet director for additional information.

My contact information is below.

Good luck!

Julie Farney

JRAC Voting Rep

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