



CVAL Information Sheet



We want everyone to attend our CVAL's (Coast Valley Aquatic League) Championship meet. It is our biggest and most important meet of the summer season. All of the teams that we have swum against in our dual and tri-meets will be there to compete for the championship.

To be eligible to go to this meet, each swimmer must have swum at least 2 events at one tri-meet this summer. The entry form for CVALs is available on line at <http://ome.swimconnection.com/pc/cval20100806>. There will also be limited hard copies available at the pool office. We are encouraging families to sign up for this meet online. If you have questions, please don't hesitate to ask us at the pool (or email your coach!!).

If you need to submit your entry manually, please list as much info as you are able to for your swimmer-

1. Their USA/Pacific Swimming Reg. # is on the card you received
2. Team is GGST
3. Fill in coach's name (Tom, Karen/Santiago, Cameron, Alisa/Maegan)
4. The event #'s (i.e. 1, 2, 3..) are highlighted for each swimmer (one per line) along with the distance and stroke (i.e. 25 Free).
5. Using either the print out of your swimmer's best times or ribbons they have received, enter their fastest time, if you don't have the print out/ribbons or are not sure, please leave blank and hand to your coach and we will fill them in for you (for the Mini Gators-please give to Coaches Cameron).
6. There is a small fee associated to cover meet expenses: there is a \$5.00 splash fee (for each swimmer) and a \$2.75 per event fee.

All individual **entries are due by July 26th**. *If you do not get your entries in on time, your swimmer **will not** get the chance to participate in this meet--it is not possible to add swimmers at a later time.* Please follow the directions listed on the meet sheet if entering the meet by mail (not on line)

- When: August 6th, 7th & 8th (only 7th & 8th for younger swimmers)
- Where: Morgan Hill Aquatics Center (101 N to Tennant Ave. east, 1st left onto Condit Road, swim center will be on the right, located at 16200 Condit Road).
- Time: Arrive at 7:00 a.m. for check-in (look for the table marked "check-in") and locating a spot for your belongings-meet starts at **8:30 a.m. (PLEASE NOTE THE TIME CHANGE FROM PRIOR YEARS)** and trials (the morning heats for the younger swimmers) should end around 2:00 p.m.
- What to bring: your swimmer's Pacific Swimming Registration card along with all the "regular" meet stuff--don't forget a GGST swim cap! Wear a GGST cap each and every race!
- Remember to go to the coaching table to see your coach BOTH before and after each and every swim. Give us your heat and lane assignment so that we can give you last minute tips as well as feedback after your swim.
- CVALs is a "cardless" meet which means you will have no green cards to get to timers. Instead there will be a "heat sheet" posted a few events before your child's event, with each swimmer's name and heat and lanes (both designated by numbers at this meet, i.e. heat 1, lane 4), and unlike tri-meets this **WILL NOT** change from what is posted. We will ask you to find your swimmer's heat/lane and **come to let us know** at the Coaches Table, and then you will take your swimmer to the block to get ready. We also ask that your swimmer **return to the Coaches Table after the swim** to get feedback and encouragement.
- Awards are tough to earn at this meet, so our team gives a very nice participation award to all CVAL participants from GGST. More info on this to come...
- Admission into the meet is free. We will not be allowed onto the waterslides or in the play pools during the meet (after the meet you can purchase a day pass to the Aquatics center (which will be open) and families can play).
- Finally, **PLEASE** don't leave the meet without checking with your coaches! Relay swimmers are decided each day so check with us before leaving. Thanks & have fun!! ☺