



Fowler Sea Dragons 2023  
Dual Meet Requirements



2022 team size: 100 swimmers

- **Location:** The pool is located on the [Northeast end of the Fowler High School campus](#), adjacent to the gymnasium. The address is 701 E. Main St. The nearest major cross street is Adams Ave.
- **Facility:** Fowler has 6 competition lanes. Blocks at one end. There is a warm-up/cool-down lane. Officials, coaches and swimmers only, on the pool deck. Timers are officials. - Hint, hint (be a timer).
- **Warm-ups:** Fowler warms up from 5:30 - 5:50. Visiting team has the pool from 6:00 - 6:20.
- **Entries:** We would like to run the meet pre-entered and seeded (like Time Trials). You will receive an event file to enter your swimmers. After entering the swimmers in events, send back the entry file. We can add late swimmers as needed. Coaches will receive a meet program to use to line up the swimmers.
- **Start Time:** The meet will start at 6:30 PM.
- **Cut-off Time:** We do not have a cut-off time for the end of the meet. Cut-off time is negotiable.
- **Lanes:** Visitors will have odd lanes. (1, 3, 5). To minimize the number of heats, we will consolidate heats when possible.
- **Heats:** All relays - two heats. Individual Freestyle - unlimited heats. All other individual events - 3 heats. Heat limits can be changed, just ask.
- **Timers/Stroke & Turn:** Please provide 9 timers and 3 recorders. We will provide the watches. If possible, please provide one or two stroke & turn officials.
- **Timers:** Timers should be seated by 6:25.
- **Social Distancing:** Please comply with social distancing/masking guidelines, whatever they may be at the time of the meet.
- **Awards:** 1st - 6th place in individual events and 1st - 3rd place in relay events.
- **Contact:** Mark Hurst (Head Coach/Computer) 289-0819 cvrsl.org@gmail.com