



**Concord Recreation**  
498 Walden Street  
Concord, MA 01742  
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## **ATHLETE INFORMATION SHEET**

- All swimmers have use of the women's and men's team locker rooms to lock up their valuables. In the event that all of those lockers are taken, you may use the member locker area but please check the team locker room first for space. Locker rooms are located downstairs.
- Only registered swimmers will be allowed on deck. All family members should remain in the lobby and spectator seating area.
- Please refrain from bringing glass on the pool deck. Only plastic water bottles will be allowed. Please do not bring food into the locker rooms or the pool area.
- No street shoes on deck.
- No chairs on deck.
- Warm - ups will begin at 7:45 am in the lap pool. Feet first entry only and circle swimming in lanes 1-8.
- Sprint lanes will open at 8:15 am for one-way sprinting in Lanes 1, 2, 7, 8.
- Meet will begin at 8:45 am. Dive over starts will take place during the meet. If you need additional time to exit the pool, please speak with the starter to arrange time for you to exit the pool before the start of the next heat.
- The dive well will be available for warm-up and cool down purposes. The therapy pool will only be available for stretching and relaxation - no swimming allowed.
- Heat sheets and result sheets will be posted in the upper lobby and in the pool area on the wall near the dive well and therapy pool.