

LESD INTRASQUAD MEET & TEAM EVENT

Sunday, October 4, 2026

Hawken Upper School-12465 County Line Rd Gates Mills, OH 44040

WARM-UP & MEET TIMES

- Swimmer Arrival: 8:55–9:00 AM
- **Warm-ups Begin: 9:10 AM**
- Meet Begins: 10:00 AM

SWIMMER INFORMATION

- Swimmers will sit together in the far bleachers closest to the starting blocks.
- Swimmers should plan to remain in the swimmer seating area until they have completed their last event. This allows coaches and meet helpers to easily locate swimmers when it is time for them to swim.
- Please, no parents or spectators in the swimmer seating area.
- All events are pre-seeded, and a heat sheet will be posted- Families can assist by adding info to swimmers arms
- All events will start from the blocks/deep end of the pool.
- Coaches and helpers will assist our younger and newer swimmers throughout the meet.

SPECTATOR & FACILITY INFORMATION

- **Admission:** There is no admission fee for this meet.
- **Parking & Meet Entrance:** Parking is located across the drive from the pool entrance and is free. *Please do not park directly in front of the building unless you have a designated handicapped parking permit.*
- **Concessions:** There will not be concessions during the meet. LESD Boosters will provide pizza for swimmers after the meet!
- **Restrooms & Locker Rooms:** The locker rooms located on deck are for athletes only. Parents and spectators should use the bathrooms located in the hallway.
- **All parents, guardians, and other spectators must remain in the designated spectator areas. PLEASE DO NOT STAND ON THE RAMP**

MEET WORKERS & VOLUNTEERS-All scheduled meet workers are required to check in at the volunteer table in Smith Lobby. Vest or lanyards will be provided and are required for volunteer access to the pool deck. Please review your Volunteer Assignment & Report Time before arriving.

IMPORTANT USA SWIMMING RULES- Please help us maintain a safe and USA Swimming-compliant meet environment:

- **Deck Access:** Only participating athletes, working coaches, officials, and scheduled volunteers are permitted on deck.
- **Locker Rooms:** On-deck locker rooms are for athletes only.
- **Photography & Video:** Photography and videotaping are not permitted behind the starting blocks or in locker rooms/changing areas.

All meet information and updates can be found on the [LESD Hosted Meets](#)

General Meet Resources can be found [here](#)