

Rocky Hill Sea Lions – 11 & Over Swim Championships

Parent Information

Date: Thursday, July 30, 2026

Location:

**Cornerstone Aquatics Center
55 Buena Vista Road
West Hartford, CT 06107**

Meet Schedule

11 & Over Boys and Girls

- **Check-In: 4:15 PM**
- **Warm-Ups: 4:30 PM**
- **Scratches Due: 4:50 PM**
- **Meet Begins: 6:00 PM**

**Please Note: Families may not enter the facility prior to 4:15 PM.
Thank you for your cooperation.**

Parking

- **Please park only in marked parking spaces.**
- **Vehicles parked illegally may be ticketed or towed.**
- **Additional parking is available along the street and at the elementary school up the road.**
- **Please do not park on the grass or near the dumpsters.**

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- If adults need to access swimmer locker rooms, the buddy system must be followed.
 - Teams will have assigned deck seating.
 - Swimmers are encouraged to bring deck chairs, as bleacher seating is limited.
 - Please remind swimmers to clean up their team areas throughout the meet.

Scratches

- Once a swimmer has been scratched, they may not be re-entered into the meet.

Warm-Ups

- Warm-up assignments may be organized by team rather than by age or gender based on team size and safety considerations.
- All swimmers must enter the pool feet first during general warm-ups.
- Detailed warm-up assignments will be included in coach packets or emailed prior to the meet when possible.
- Ten lanes will be available during warm-ups.

Flyover Starts

- Flyover starts may be used at the discretion of the Meet Director and Meet Referee.

- **Please review flyover procedures with your swimmers prior to the meet.**
- **Swimmers must have competed in at least one dual meet to be eligible for Senior Championships.**
- **Swimmers are limited to four (4) total events.**
- **Being listed as a relay alternate counts as one event.**
- **All entries must include a seed time. NT entries will not be accepted.**