

# LEST 2019 Swim Meet Information

**Date:** Thursday, February 14, 2019

**Location:**

David Douglas Aquatic Center  
13030 SE Taylor, Portland, OR 97216

Take NE 27<sup>th</sup> Avenue north to US 30/Lombard St  
Turn right (east) on Lombard St to I-205 South  
Continue on I-205 S to SE Washington St (Exit 21A)  
Continue east on SE Washington St for 2.1 miles  
Turn right on SE 130<sup>th</sup> Ave  
Turn left on SE Taylor Ct



**This year we are asking schools to limit the number of spectators that attend the swim meet. The past few years the spectator section has been too crowded, so we are asking that schools only have their coaches and family members of swimmers attend the meet. We will need to close the doors to the swim meet and not allow any more spectators once we reach maximum capacity. Spectators will not be allowed to save seats for others in the bleachers. Please do not bring groups of student spectators to the swim meet.**

**General Schedule:**

***Because of David Douglas High School events, please do not arrive at the pool before 4:00 pm for the LEST Swim Meet!***

Also, because the LEST 2019 Opening Ceremonies are scheduled to end at 3:45 pm on Thursday, coaches and swimmers should plan on traveling directly to the swim venue from Concordia University.

4:15 pm - Coaches meeting

4:30 pm - First group of warm-ups

4:50 pm - Second group of warm-ups

5:30 pm - First event

**COACHES REMINDERS:**

Each team needs to provide volunteers. Volunteers should check in with the meet director prior to the coaches meeting.

If your school can provide Stroke and Turn judges, please contact the meet director, Kari Perna, at [kperna@stjohnsnapa.org](mailto:kperna@stjohnsnapa.org)

Coaches will be given entry cards for their team at the coaches meeting. Swimmers will bring their card to the bullpen when they are called for their event.

Only *scratches* will be accepted at the coaches meeting. No additions or changes! The meet manager (computer area) is *off limits!* Any questions can be addressed with the meet director.

Do not speak to stroke and turn judges. Questions can be addressed with the meet director.

No flash photography during events.