



## Welcome to the Kingsbrooke Sea Lions World Headquarters

[www.kbsealions.com](http://www.kbsealions.com)

The Kingsbrooke Sea Lions Swim Team welcomes you to our facilities. We are happy to be hosting your swim team this week. We hope the following information will assist you and help the meet run smoothly. Please contact us if you have additional questions.

President	Amy Hutcherson	703-753-3889	<a href="mailto:amy.hutcherson@kbsealions.com">amy.hutcherson@kbsealions.com</a>
PWSL League Representative	Jeff DiBenedetto	703-753-8386	<a href="mailto:jeff@kbsealions.com">jeff@kbsealions.com</a>
Meet & Volunteer Coordinator	Shelley Pohzehl	703-282-6217	<a href="mailto:michelleteach2@comcast.net">michelleteach2@comcast.net</a>
Head Coach	Jeremy Linn	---	<a href="mailto:jeremy@kbsealions.com">jeremy@kbsealions.com</a>

**Dual Meet Warm-ups and Start Time:** Kingsbrooke has warm-ups from **6:00 – 6:20am**. Visiting team warm-ups are from **6:30 – 6:50am**. The meet will start promptly at **7:00am**.

**Shifts:** There will be **three (3) shifts**, changing at two (2) hour intervals. The three (3) shifts for timers and recorders are as follows: **7:00 – 9:00am**, **9:00 – 11:00am**, and **11:00am – end**.

**Timers/Recorders:** There will be a Timer's meeting at **6:35am** to provide information and last minute instruction. Timers from all shifts should attend this meeting.

We have a six lane pool. Visiting teams should provide for each shift:

- **two (2)** timers for lanes **2, 4, and 6**;
- **one (1)** timer for lanes **1, 3, and 5**;
- **one (1)** recorder for lanes **1, 3, and 5**.

There should also be a designated Head Timer to rotate with the Kingsbrooke Head Timer.

**Officials:** All officials will meet at **6:30am** to go over assignments. Please have a starter and referee available. This allows for a rotation of officials during the meet.

**Additional volunteers needed:**

- Minimum of **one (1) scorer/verifier** per shift
- **Three (3) to four (4) Stroke and Turn** officials (allows for a rotation during the meet)
- **Two (2) Runner** for each shift
- **Two (2) Clerk of Course** for each shift
- **One (1) Heat Ribbon** person for the **second shift**
- **One (1) Ribbon labeler/helper** for each shift
- Your **head computer person** – to be available
- **One (1) Marshall** to help monitor your area

If you have any questions please feel free to contact Shelley Pohzehl at 703-282-6217 or by email at [michelleteach2@comcast.net](mailto:michelleteach2@comcast.net) no later than Wednesday prior to the meet.

**Equipment:** Please bring your starting equipment, computer and printer (as a backup). Your head timer should also bring adequate stop watches to supply your team's timers.

**Heat Sheets & Concessions:** Heat Sheets will be sold at the start of the meet at the concessions area. Concessions will be available throughout the meet.

## Kingsbrooke Sea Lions World Headquarters

Address: 9101 Braided Stream Drive, Bristow, VA, 20136  
Global Coordinates: Latitude 38:45:36.295N, Longitude 77:35:32.752W

Pool Phone: **703-753-9131** KBST Hotline: **571-285-9342**

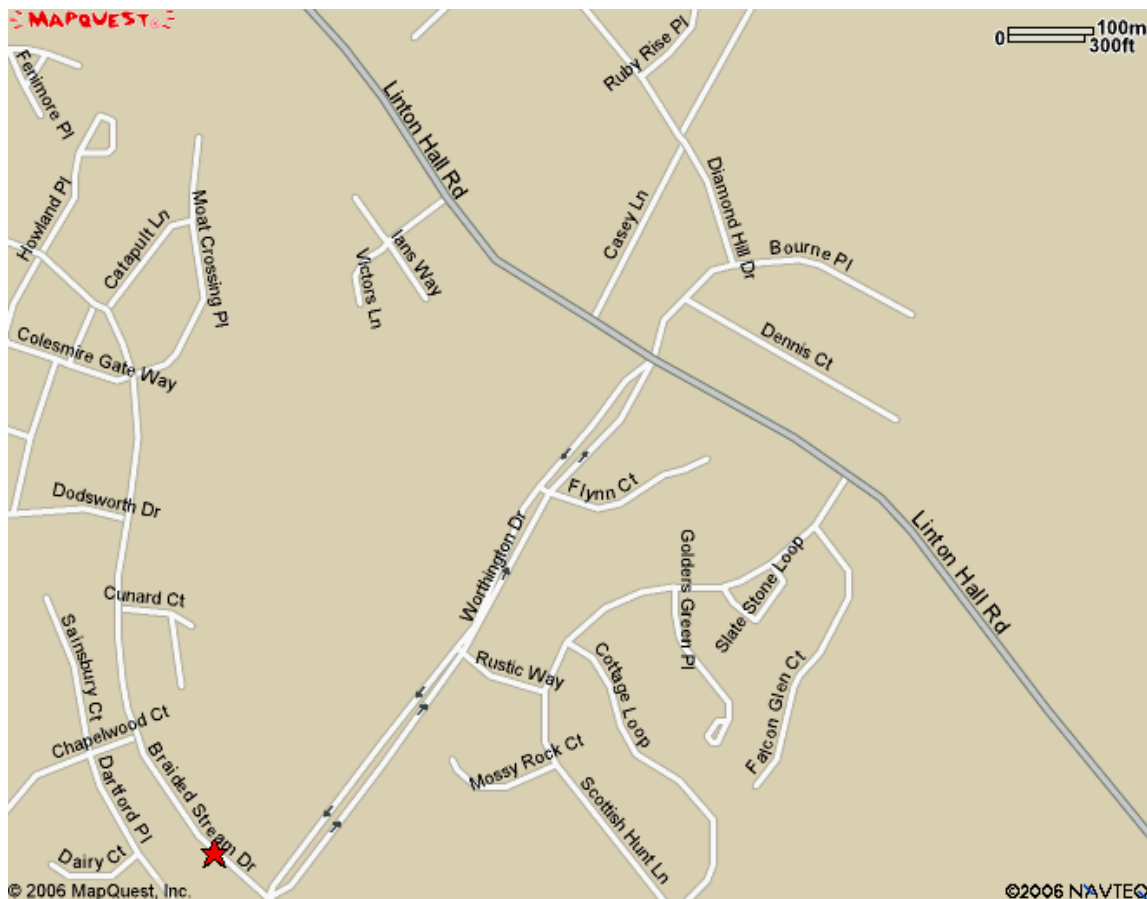
**Parking:** There is a small parking lot at the pool that fills up quickly. Spots are first come, first served. The pool parking lot includes three reserved handicapped spots. There is plenty of parking on Braided Stream Drive and surrounding streets. **PLEASE DO NOT PARK IN INTERSECTIONS OR BLOCK RESIDENTS' DRIVEWAYS.**

### Directions

**From Route 95** – Take exit 152B toward Manassas onto Dumfries Road/Route 234 North. Take the Nokesville Road/Route 28 S ramp toward US-17. Turn right onto Linton Hall Road/Route 619 (continue for 3.1 miles). Turn left onto Worthington Drive at light (continue for 1/2 mile). Turn right onto Braided Stream Drive. Pool is on the right.

**From Route 66** – Take exit 43A toward Gainesville/Warrenton onto Lee Highway/Route 29 South. Turn left (at light) onto Linton Hall Road/Route 619 (continue for 2.8 miles). Turn right onto Worthington Drive at light (continue for 1/2 mile). Turn right onto Braided Stream Drive. Pool is on the right.

### Bristow, VA Local Map



# KBST World HQ Layout

