

Thank you for coming out to support WEST! We really appreciate it!

Below you will find a few key pieces of information for the meet.

Attached to this document are ...

- [Officials' Grid](#)
- Psych Sheets / Session Reports / Heat Sheets found on the [WEST Hosted Meets](#)
- Notes for Referee, Starter, CT/ACT, & Admin Desk

Arrival Times:

- Referee & Starter should arrive 45 minutes before warm-up to do the deck check together
- Admin Desk should arrive 45 minutes before warm-up
- CT/ACT, and SJ should arrive 15 minutes before the warm-up

Briefings:

- Senor briefing (referee, starter, ct/act, stroke judge)
 - Friday – S1 – 9:45 am; S2 – 2:45 pm
 - Saturday – S3 – 6:45 am; S4 – 11:45 am; S5 – 4:45 pm
 - Sunday – S6 – 6:45 am; S7 – 11:45 am; S8 – 4:15 pm
- General briefing (timers, inspector of turns)
 - Friday – S1 – 10:00 am; S2 – 3:00 pm
 - Saturday – S3 – 7:00 am; S4 – 12:00 pm; S5 – 5:00 pm
 - Sunday – S6 – 7:00 am; S4 – 12:00 pm; S8 – 4:30 pm

Attire:

- Timers, Safety Marshal, Awards, Hospitality and Announcer wear white polo, black pants, and black indoor shoes
- Everyone else is in a red polo, black pants, and black indoor shoes

Other than water, no beverages or food are allowed on deck.

Lockers are available; please bring a lock.

Timelines:

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	May 2	10:00 am - 10:50 am	11: 00 am	3:00 pm	All Ages Distance Timed Finals
2	May 2	A** - 2:30 - 3:10 pm B** - 3:10 - 3:50 pm	4:00 pm	8:30 pm	13&O Prelim and 12&U Timed Finals
3	May 3	7:00 am - 7:50 am	8:00 am	12:00 pm	13&O Prelim
4	May 3	12:00 pm - 12:50 pm	1:00 pm	5:00 pm	12&U Timed Finals
5	May 3	5:00 pm - 5:50 pm	6:00 pm	8:30 pm	13&O Finals
6	May 4	7:00 am - 7:50 am	8:00 am	12:00 pm	13&O Prelims
7	May 4	12:00 pm - 12:50 pm	1:00 pm	5:00 pm	12&U Timed Finals
8	May 4	4:30 pm - 5:20 pm	5:30 pm	8:00 pm	13&O Finals

** Split Warm-up by Club

Group A – BLEN, BROCK, CYPs, GGST, GPG-MI, LLST, NYAC, OAK

Group B – OSHAC, ROW, STJJ, WAC, WEST, WS

If you have any questions, please reach out.

Best Regards,

Lynn Wong – Competition Coordinator

Angela Momotiuk – Meet Manager

WEST Amanda Reason Invitational 2025