**DAY OF THE MEET**

* **The night or morning of the meet, before arrival**

Please assist your coaching staff by writing the athletes event numbers and a very brief description on their left hand as shown in the diagram. We will add heats and lanes after the meet checkin period is complete.

* **Arrive On Time:**

Part of having a successful meet is showing up on time and prepared for the meet. So get up early, eat a healthy breakfast full of complex carbohydrates and protein, and be sure to drink plenty of fluids. We will warm up together as a group, and if you are late you will miss the opportunity, and create a distraction for your coaches which is not fair to other athletes. If you have expectations of having a good meet and you miss the group warm-up, you have started the day on a bad note.

* **Check In For Your Events:**

Once you arrive at the meet, find the check in table and follow instructions to verify your attendance. Your coaches must turn in final entries usually 45 minutes before the meet starts and if you have not signed/checked-in and communicated with your coaches, you will likely be scratched from all your events, no refund of fees.

* **Check In With Your Coaches:**

After you check-in for your events (usually highlighting your name), please check-in with your coach to see when they want you to warm-up. We want you to arrive on deck ready to swim (that means after having checked in) at least 10 minutes prior to the start of warm-up, that gives you time to situate your bag and get behind the blocks. Coaches will usually be on deck 30 minutes before the warm up starts. Sometimes we request earlier arrivals so we can acquire space on the deck to hold our large team.

* **Warm-Ups:**

It is very important to do a proper meet warm-up. Listen to your coaches, be considerate of lane-mates, and focus on your meet. Swim meets are a time for fun and comradery, but when in the water, you MUST be focused on being a great swimmer.

* **After the Meet:**

Each athlete is expected to stay until the end of all dual meets and championships, we will do our team cheer. You are welcome to depart after your final event in an invitational meet. At league meets we will do a team cheer to salute our competitors, be sure our area is clean, and get last minute instruction from your coaching staff. I know there are exceptions, but let’s make staying to cheer you friends, teammates and neighbors be the norm.