

Dear Parents,

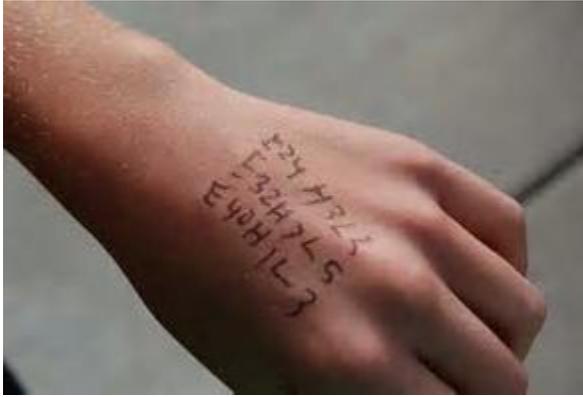
Attached is the heat sheet for tomorrow's meet as well as an alphabetical list of Penguin swimmers with their events, heat and lane. Swimmers should have the events, heat and lane written on their arm or hand BEFORE they get to the meet. Please make sure you have a SHARPIE pen!

On the alphabetical swimmer's list of events, if you see something like this:

#12 Mixed 9&O 50 Free 31.41 7/8

You would write this on swimmer's hand:

| Event | Heat | Lane |
|-------|------|------|
| 12 | 7 | 8 |



Note: Ages and genders are mixed when competing to speed up the meet. Scoring and finish place will be broken out in the meet results. Meet results will be posted on our team website as soon as they are received.

UPON ARRIVAL: New swimmers should arrive by noon to get their bearings on the facility. We will be competing in Lancaster's eight-lane pool. They also have an older, smaller pool. Veterans should arrive by 12:15 pm.

POOL ADDRESS: 465 West Sixth Ave, Lancaster, OH 43130 (740) 654-0616. There is some parking out front, but a much larger lot behind the building. There is an entrance at the front and back.

FIND OUR TEAM AREA IN THE GYM. There will be a sign in board. Please cross off your swimmer's name so we know they are there. Let a coach know immediately if a swimmer is missing from a relay. I suggest bringing bag chairs for the gym. There will be bleachers on the pool deck, but swimmers should be in the gym when they are not swimming.

WARMUPS FOR ALL PENGUIN SWIMMERS at 12:30 pm.

BULLPEN: There will be a bullpen for 8 & Under swimmers only. All other swimmers will report directly to the blocks. I will show the 8 & Under swimmers where the bullpen is before the meet starts and they will report there when their event is called. Volunteers will make sure the swimmers get to their lane from bullpen. **NEW TEAM MEMBERS:** If you have not participated in a meet before, please report to a Penguin coach a couple of events before you swim and we will make sure you get to the block. Coaches will be on the pool deck.

CONCESSIONS will be sold, but please bring water, healthy snacks, etc. for your swimmer between events.

TEAM APPAREL: Swimmers should have dry clothes and shoes (flip flops) to wear from gym to pool to gym. LTPY Penguins team apparel includes our team suit or black competitive suit. If your swimmer's suit has not arrived, then they can wear their competitive practice suit.

T-SHIRTS: Veteran team members should wear their light blue team shirt from winter or a gray or black LTPY Penguins t-shirt. Parents should show their spirit and wear a Penguins t-shirt. This winter's team t-shirt will be distributed on the day of the team picture on October 29th.

PACK YOUR SWIMMER'S GOGGLES AND SILVER TEAM SWIM CAP! Swimmers with hair below the ears must wear the LTPY Silver swim team cap when competing. If you ordered a personalized cap and it did not come in, you can purchase a cap from jjbanner43065@yahoo.com or borrow a cap from Coach Chris at the meet on Saturday. Please make sure your swimmer returns the SILVER cap to cc.

BRING EXTRA TOWELS: I'm not sure if Lancaster has towels available at their Front Desk.

TOUCHPADS: Results of each race will be posted on the scoreboard, however, if a swimmer does not hit the touchpad, their time will be incorrectly displayed. Swimmers have been instructed to hit the touchpad that is on the wall under the water when they finish. If swimmer does not hit the touchpad, the system will flag a time that needs to be researched. The scorer's table will make every effort to research stop watch times and correct the time in the final results.

THANK YOU to the Penguin parents who are officiating at Lancaster.

Hopefully, all Penguins are healthy for tomorrow's meet. If your swimmer will be unable to participate, please text me 24/7 at 614-406-3628.

Please let me know if you have any questions.

GOOD LUCK PENGUINS!

Coach Chris