**Timeline for Saturday Intra Squad Meet**

6:15 am Swimmers arrive at Lee District, Front Door entrance – a coach will check you in

6:30-6:50 AM first set of swimmers warm up, 15 and older

6:50-7:10 AM second set of swimmers warm up 13&14

6:45 AM Parent volunteers arrive, temps taken and enter through sundeck doors. Sign up to help: https://www.signupgenius.com/go/9040F4FACAF2BA31-fall

7:15 AM Intra Squad Meet starts.

8:45 AM Parents that signed up to bring post meet snacks arrive and set up on sundeck. Please consider staying to help sort shirts for the swimmers.

9 AM meet should finish, and swimmers should start coming out to get their shirts and post meet snacks.
Remember everyone needs to wear their mask, even out on the sundeck.

**Additional Important Reminders:**

Find a spot on the bleachers, please be 6 feet apart, you will be sitting by your friends, just not next to them. (remember that Alexandria Masters is going to be swimming in lanes 7-2 at the same time).

Remain in a mask unless you are getting into the pool.

You will take your mask to the starting blocks, taking it off just prior to stepping up for the start of your race.

You will put it back on immediately after your get out, ask for your time from the timers AFTER you put your mask back on.

Come prepared to RACE, this is not a practice, it is a swim meet.