

New Team Member

Race Day Helpful Tips & Reminders

Try to arrive 15 minutes before pool warm up

Important Items to Bring:

- Pop-up Sports-brella for shade: You can find these at Costco or Amazon. Cost is around \$40-60+ depending on size
- Folding chairs
- Beach-type blanket

Heat Sheets

-Pick-up your HEAT SHEET at the booth-this is the brochure that lists all of the swim events from start to finish. Cost is typically around \$3.

Fees: Dual meets are free. There is an entry fee per swimmer for All-City but the pool pays this fee. (\$8 per Diver, \$16 per Swimmer)

If Volunteering (Only Home Meets & All-City)

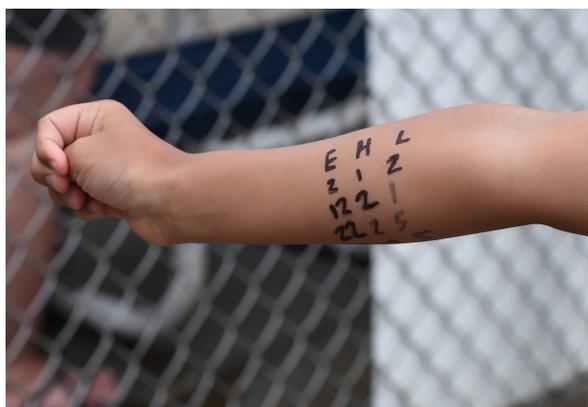
-Check-In at the Volunteer Booth.(Each family is required to sign-up for 3 home meets)

Help your child **find his/her coach and teammates**. If you do not know already if your child is on a relay(s) ask the coach. You will need to know this for your event line-up and for writing it on your child's arm.

Set-up Camp- Look for other Seminole families and find your spot under the shade. This will be your family home base for the duration of the meet.

Black Sharpies! Look-up events on the heat sheets and mark them on your child's arm with the sharpie to help remind them what events they are swimming, when and where:

E=Event, H=Heat, L=Lane



Once The Meet Begins:

Get your swimmer to the **Clerk of Course** in plenty of time before their event start.

If your child wins his/her heat they will receive a heat winner ribbon/souvenir immediately after the race.

If your child is a top finisher in their event, ribbons and medals are handed out at the awards booth.

Race results are posted on a wall usually near concessions or restrooms.

Once your child has completed all of their events you are free to leave or stay and cheer on the rest of your team! Any ribbons/medals not collected at the meet are given to all of the coaches and then placed in your family folder in the Seminole file cabinet for you to retrieve.

Welcome to our Seminole family! GO SHARKS!!!

