

Arrive at least 15 minutes before the scheduled warm-up time. Expect a full parking lot and lots of people coming and going at both the beginning and end of each session. Plan some extra time for parking and walking to the pool.

Swimmers should check-in with coaches in the team area (near diving board.) There is not a “formal” check-in like during our Phoenix Conference Meets; a simple “Hi Coach, I’m here” will do.

Because we are hosting this meet, heat sheets are available to the membership on the website (Meet Info drop down menu -> Member Heat Sheets), so in theory swimmers should have their event information written on their hands before arriving. Please make an effort to have this done before arriving to the meet – it is very helpful for both swimmers and coaches. For this meet, there will be several heats within each event meaning that the event #, heat # and lane # should be printed on each swimmer’s hand.

All Lake Country coaches will help with warm-ups. Swimmers should just hang out in the team area (near and around the diving board) until we are ready for them.

The first event of the meet is a relay – your swimmer may or may not be on a relay. Coaches will let your swimmer know if they are participating on a relay before the meet begins; they should ask as well.

Only 8 & Unders will report to a clerk of course; all other swimmers will report directly to their lane assignment. Event #'s will be announced, but swimmers should also ask the coaches when to either go to the clerk of course or behind their lane. After each race, swimmers should ask the timer for their time and then speak to their coach for some post-race feedback.

Results will be posted in the hallway. Awards (1-12th place for individuals) are available for pick-up in the cafeteria. There will most likely be more than 12 competitors in your child’s events, so not everyone will earn a ribbon.

As far as your volunteer position, please know that you may leave your post to watch your child swim. You will be working with other people, so you will want to talk with them about what event’s your child is in and when to leave to go and watch them (if your position is not in the pool area.) You will check-in near the admissions table when you arrive. Your child is in good hands with the coaches and we will help them with questions or concerns that they may have.

Our team suit is solid black. Please make an effort to have your swimmer in one for the meet this Saturday. If your child is going to wear a swim cap, we would like it to be a LCST cap. We hope to have latex caps for sale for \$5 and silicone caps for \$12. These are available for purchase the day of the meet. Plan a little extra time to purchase if a cap if you need one for the meet.

That should get you started. If you have any questions, please do not hesitate to ask. Good luck and have FUN!