

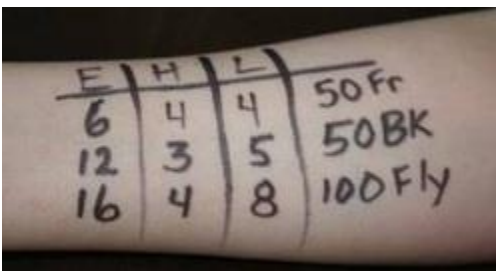
Preparing for Swim Meets - Murphey Candler Park Marlins 2016

Before the Meet Starts

Note – Swimmers must RSVP by Wed 11:59 pm, if you do not RSVP, swimmers cannot swim in the Meet

1. Parents: It is important to mark swimmers for their events so they know what they are swimming.
 - Using a sharpie (mark before applying sunscreen.)
 - You will receive an email with your event confirmations by Friday evening. E, H, L stand for Event, Heat, Lane. Include event description and orient the info to the swimmer so that they can read it themselves and know what they are swimming.
 - Mark swimmer's name and age on their back right shoulder. Also any encouraging fun (appropriate) words.

Ex: This swimmer is swimming Event 6, Heat 4, Lane 4, 50 Free.



2. All swimmers should arrive at the pool no later than 15 min before warm up.
3. When you arrive put your towel, blanket, swim bag in the team area.
4. After marking, get cap and goggles and be ready to warm up when it starts. It is important for all swimmers to warm up with the team.
5. Parents: Check in with Marlins volunteer coordinator.
6. After warm up swimmers should be in the team area waiting for their first event to be called.
7. NOTE: Heat sheets will be available for sale at the meet for \$2 to see where the swimmer is swimming.

During Swim Meets

1. All swimmers stay in the team area when they are not swimming.
2. Coaches will assign all relays.
3. It is important that swimmers know what event they are swimming from the markings.
4. Swimmers will listen for their event to be called or called by the Bullpen manager. Swimmer should report to the bullpen with cap and goggles ready to swim. Leave your towel in the team area.
5. Swimmer will be lined up in order to swim their event.
6. Swimmer swims their race.
7. After their swim, the swimmer should
 - a. ask the timer for their time
 - b. see the coach
 - c. report to the team area (after seeing their parent)
8. Swimmers wait in the team area for their next event.
9. All swimmers should stay to the end of the meet if they want to be in a relay. If they cannot stay, they should advise their coach, they will be leaving early.
10. Results will be posted as soon as possible, ribbons will be distributed at the next practice.