

VDN Barracudas



VDN @ Hollywood Park Saturday, June 4th

- *Swimmers should be well rested and well hydrated prior to the meet. Lots of water the day before and meet day!*
- *Watch your speed in Hollywood Park! When parking on easements, don't leave your tires on the road.*
- *Swimmers arrive at **6:45am** for check-in and stretching. Swimmers warm-up from 7:00 - 7:30. Volunteers should check in by 7:30am. Meet starts at 8:00am; anticipate noon finish.*
- ***Swimmers and volunteers need to check in** upon arrival. Look for the VDN check-in table!*
- ***Judges' & Timers'** meetings at **7:45** on the pool deck at starting block end.*
- *2nd half volunteers should listen for the call to relieve the 1st half volunteers. Probably before IM's (33-40)*
- *Swimmers should stay in the **designated team area with their age group.***
- *Swimmers should **notify the coaches** if needing to leave.*
- *Please be good visitors and keep the team area clean and **throw away trash.** Check your swimmer's area before leaving for trash AND valuables (goggles, shorts, t-shirts, etc.).*
- *Join us after the meet at Big'z Burger Joint, 2303 N. Loop 1604 W. Between Huebner & Bitters, westbound access road.*