



## *the Vineyard @ VDN Monday, June 13<sup>th</sup>*

- *Swimmers should be well rested and hydrated prior to the meet. Lots of water the day before and meet day. Stay away from sugars during the meet!*
- *Swimmers arrive at **3:51pm** for check-in and stretching. Swimmers warm-up from **4:15 - 4:45**. Meet starts at 5:30pm. Anticipate wrap-up by 9:30.*
- ***Swimmers and volunteers need to check in upon arrival. Look for our check-in table before you enter the pool area.***
- *Meet referee and Head Timer will meet with **Timers and Judges** at **5:00** outside pool area in front of tennis courts.*
- *2<sup>nd</sup> half volunteers should listen for the call to relieve the 1<sup>st</sup> half volunteers. Should be before IMs (33-40)*
- *Swimmers should stay in the **designated team area with their age group**. We want to make sure the blanket parents get them to their events. Stay off the diving boards and out of the deep end of the pool.*
- *We are treating for mosquitoes! (But come prepared)*
- *Swimmers should **notify the coaches** if leaving early.*
- *Please keep the team area clean and **throw away trash**.*
- *Please bring baked goods for the concession stand, individually wrapped for sale at .50/ea., and beverage donations if requirement not yet fulfilled.*
- *Join us after the meet at Taco Cabana at **Blanco & West Ave.***