**Parent Check List: City Meet**

* Goggles
* Swim Cap
* Towels (at least two per swimmer)
* Sunscreen
* Stingray Apparel
* Money for concessions or bring snacks
* Camp chairs for parents (if sitting in team tent)
* CAMERA – Take pictures to include in banquet slide show.
* Black sharpie marker
	+ write Child’s Last Name, first initial, & Age on right shoulder blade
	+ write “E” “H” “L” & stroke name (**E**vent#, **H**eat#, **L**ane# & name of stroke) on inside left forearm. Use heat sheet or the entry sheets categorized by swimmer that are posted at the pool. (Will send via email too.)
* Remind swimmers that they will stay in the team tent, so they’re there when coaches come & get them for their events.
* Note: Parents are not permitted on the pool deck.

**Arrival Times:** (Times are tentative. We will have early warm ups one day and late warm ups the other day. Parents will be notified after RCSL confirms warm up times.)

* **10 & under** (Note: 6 & unders only swim free style & do not have to stay for the entire meet.)
	+ Saturday 7:30 a.m.
	+ Sunday 7:00 a.m.
* **11 & older**
	+ Saturday 12:00 p.m.
	+ Sunday 11:30 p.m.

**Upon arrival:**

* Check in swimmers with coaches in the team tent.
* Parent Volunteers check in with Beth Wilder or Jennifer Dill.
* Parents may sit with the team in the team tent or viewing stands in the new & air conditioned Huntsville Aquatic Center. (seats > 1400 people)