**Parent Check List: HOME meets**

* Goggles
* Swim Cap
* Towels (at least two per swimmer)
* Sunscreen
* Theme related apparel
* Money for concessions or bring snacks
* Camp chairs for parents
* 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 be staying with their group during the swim meet just like they do when they go on a school/VBS field trip.

**Upon arrival:**

* Arrive 1 hour & 15 minutes prior to meet start time for warm ups.
	+ If start time is 6:30 p.m. arrive before 5:15 p.m.
	+ If start time is 6:00 p.m. arrive before 4:45 p.m.
* Parents & Child Coordinators (a.k.a. Bull Pen workers) report to covered deck. Beth Wilder will assist with checking your swimmer(s) in with their age group coordinator(s).
* Volunteers check in with Jennifer Dill.

**NOTES**:

* 6 & unders only swim free style early in the meet & do not have to stay for the entire meet.
* Cheer on every Stingray! Go STINGRAYS!