

Swim Team RED & WHITE MEET

Saturday June 9th, 2018

Pancake Breakfast - 7:30am
All Members are WELCOME!



come HUNGRY!

\$4 10&Under, **\$5** 11andOver
Charged to your HHSC account

Warm-up for 11 & Over begins at 8:00am.

Warmup for 10 & Under is at 8:25.

MEET will begin at 9a.m. and is will finish between noon -1 p.m.

Saturday June 9th RED & WHITE MEET Details

Pancake Breakfast will start serving at 7:30am, so come HUNGRY!
\$4 10&Under and \$5 11andOver - Charged to your HHSC account.

Warm-up for 11 & Over begins at 8:00am.

Warmup for 10 & Under is at 8:25.

The meet will begin at 9a.m. and is will finish between noon -1 p.m.

This is a PRACTICE meet for everyone. Lets learn and have fun!

You must sign up to participate in this event!!!

Use the Active Link to sign up your swimmers.

- All swimmers need to review the entries sheets upon arrival at the club. Take note of the events you are scheduled to swim. Any problems need to be brought to the scorers table IMMEDIATELY.
- We will run through the full course of events for each age group in the regular dual meet order, except for relays. The list of events is on the Member's Guide on the HHSC website (www.hhscswim.org).
- Your swimmer will swim events based on their age group. A simple rule of thumb is to match the last digit of your child's age group with the last digit of the event. For example: 11 & 12 yr. olds swim all events that end in 1 & 2 (1, 2, 11, 12, 21, 22, 31, 32, 41, 42). Girls swim odd numbered events and boys swim even numbered events. Events will be posted on the fence at the club.
- For this meet, we would like swimmers to swim every event in their age group. This way, Coaches will have baseline (beginning of summer) times to use to place swimmers in our upcoming meets.
- During warm-ups, we will post the heat sheets around the club. Look for your heat/lane assignments and write them on your hand.
- Before each event (usually about 3 events prior to his/her event), should either go to the marshaling area (10 & under) or wait behind the blocks. There will be coaches and volunteers available to help if you have your heat/land assignments written on your hand.
- It is important to listen to the announcer so you know when your event is coming up! Don't miss your event!
- This meet is PRACTICE for the computers, awards, timers, coaches, swimmers, marshaling, lifeguards setting the club up, concessions, etc.

This is our time to make mistakes, learn, and get some experience so that the dual meets will run smoothly. If something doesn't go quite right on Saturday.....it's OKAY, that is why we are doing this!