

GET READY FOR CHAMPS!

Saturday, JULY 27, 2019

“A Survival Guide for Parents & Swimmers”

- **Morning swimmers need to be at JMU pool in Godwin Hall at 7:15 a.m. ready to swim warm ups.** Parking will be available in the parking lot surrounding Godwin Hall and the P lot across from Godwin (on I-81 side). **DO NOT PARK IN THE GRASS- YOU WILL GET TICKETED! Morning Session warm ups are from 7:40-8:00**—the meet starts at 9:00am. Stay hydrated and warm. **Afternoon Session warm ups are from 11:40-12:00 and this session will begin at 1:00 with the graduated relays. Afternoon session swimmers should arrive at 11:15am.**
- **The morning session will begin at 9:00 a.m.** and will last until about 11:30 a.m. **The afternoon session will begin at 1:00 (with the graduated relays)** and end around 4:00. It is a long day and the gym can be cold, so be sure to wear warm, comfortable clothing, and bring blankets/pads for the floor, and chairs for camping out in the gym. Quiet activities such as books, cards, hand held games etc.... can help the waiting time be more fun. You are responsible for your own belongings, so having a backpack or bag to store your things in is helpful. You may also bring in food, snacks, and non-alcoholic beverages in coolers; however, we are not allowed to eat in the gym.
- Food and drinks, provided by JMU Concessions, will be available for sale in the hallway between the gym and the Natatorium viewing area. T-shirts and heat sheets will also be available for sale in the hallway, as well as swimming gear from Aardvark Swim & Sport.
- Spectators will watch the meet from the Natatorium viewing area directly across from the gym. Parents may not be on the pool deck unless they are working their shift. Children of parent volunteers may not be on the pool deck—they may stay in the gym or in the viewing area. Parents may not be on deck as spectators and may not wait at the end of the lane to pull their child from the pool. If a child needs assistance getting out of the pool, timers will offer help. Children risk being disqualified if parents do not adhere to these guidelines. Congestion on the pool deck can create adverse conditions for swimmers and officials—if you need to speak with a meet official, please send word with the clerk escorting the children to the pool or ask for help at the information table in the gym.
- Only meet officials, coaches, and timers are allowed on the pool deck. All parent volunteers must get a name badge from the information table in the gym—**you must have this badge to be on the pool deck.** Children are not allowed on the pool deck unless they are swimming the event and swimmers need to exit the pool area right after swimming. Swimmers will be escorted to the pool by clerk of course workers. Swimmers will exit the pool through the boys/girls locker rooms.
- **PARENTS PLEASE HELP YOUR SWIMMERS WATCH AND LISTEN FOR EVENTS BEING CALLED!** It is difficult to hear in the gym and it is the swimmer's responsibility to report to the Clerk of Course on the pool deck in time for his/her event. Announcements will be made in the gym and on the pool deck for upcoming events. There will be **TWO CALLS** for each event.
- Rest rooms are located outside the gym and in the locker rooms adjacent to the pool. Swimmers may use the pool locker rooms to change. Please remember we are guests at JMU and must behave appropriately.

HAVE FUN*SWIM HARD***GO SWIMMERS!**