

E.A.S.C.

IMPORTANT CONFERENCE MEET INFO

Our conference meet is
**Saturday, February 10, 2018 at
Oak Lawn High School • 9400 Southwest Hwy. • Oak Lawn, IL**

- Doors open at 11:30 am. Arrive at 11:30 am. **BE ON TIME!**
- All swimmers are required to check-in with the coaches when they arrive
- Warm-Ups start at 12:15 pm
- Meet **STARTS** at 1:30 pm
- Coaches will let swimmers know who is swimming in conference. Remember, not all swimmers get to swim. Entries are limited for conference meet. Non-swimmers are always welcome to come and cheer on their teammates!
- This meet will take a LONG TIME!! Plan accordingly. Please bring a blanket or sleeping bag for your swimmer and something to do (portable games, books, cards etc). An extra towel or sweatshirt is also a good idea to keep warm (fleece is better than cotton). Please tell your swimmers to keep track of all their items!
- This is the biggest meet of the season! Make sure everything is ready to go the evening before and get a good night's rest. Be sure swimmers have their **team suit, goggles** and wear some of their **team swag!**
- Parents are encouraged to join their swimmer(s) in the gym. Please bring a camp chair or something to sit on.
- Concessions will be sold. No coolers are allowed in the bullpen.
(Swimmer's snacks must be healthy with plenty of water. Save the sweet treats for AFTER THE MEET!)
- Admission will be \$5.00 per adult. Children under 12 are free. Heat Sheets are available for \$2.00. (Limited quantities)
- **LASTLY, ALL SWIMMERS ARE EXPECTED TO STAY FOR THE DURATION OF THE MEET. Please do not ask if they can leave early. They are a part of a TEAM.**

SWIM HARD AND HAVE FUN! GO SEA DEMONS!