

E.A.S.C.

IMPORTANT CONFERENCE MEET INFO

Our conference meet is

Saturday, July 8, 2017 at

Oak Forest High School • 15201 S. Central • Oak Forest, IL

- Doors open at 8:00 am. Arrive at 8:00 am. **BE ON TIME!**
- All swimmers are required to check-in with the coaches when they arrive
- Warm-Ups start at 8:30 am
- Meet **STARTS** at 10:00 am
- Coaches will let swimmers know who is swimming in conference. Remember, not all swimmers get to swim. 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 (breakfast and lunch items) will be sold. **(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. Heat Sheets are available for \$3.00.
- **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!