

Perry Meet 1/4/20

Teams Attending: Clarinda, Knoxville, Perry, Harlan, Grinnell

Saturday, January 4th, 2020 | 10 AM

Arrive: No later than 9:15

Warmups: 9:30 - 9:50 AM



Location:

McCreary Community Building | 1800 Pattee St. | Perry, IA

Directions:

<https://www.google.com/maps/dir//McCreary+Community+Building,+1800+Pattee+St.,+Perry,+IA+50220/@41.8423635,-94.0977656,17z/data=!4m8!4m7!1m0!1m5!1m1!1s0x87ec4acc0683651f:0x48fe81edc933cae3!2m2!1d-94.0955769!2d41.8423595>

Event List:

114 Event List:

<https://drive.google.com/file/d/1kjfcXOKtUw9KGKOBnS3Be9nwx7ZpowMt/view>

Spectators:

Spectators can sit in the pool area near the deck. There is limited seating available and parents may want to bring their own chairs.

Swimmer prep:

- Suit, Goggles, **TWO** Towels, Swim Cap (if desired)
- Bring Water / Sports Drink and Food / Snacks for the day or money for concessions. Good sources of protein and carbs that aren't pure sugar, peanut butter, trail mix, energy balls, fruits, carrots, etc. are good snacks for swimmers. Stay away from heavy foods or empty calories (chips, nachos, candy, etc.). Save the junk food and candy for after the meet.
- Blanket or additional towel to sit on in the camp area. A sweatshirt and pants are nice to have just in case to wear in between events if swimmers get cold. **Camp may be in the gym; it is cool in there.** Swimmers should take a towel with them for each event and dry off before heading back to camp to not track water outside the pool area.
- With a sharpie or marker, write the events your swimmer is participating in on their hand/arm. This will help them to know when to report to swim. A simple event number and event name will do. Coaches do not have time to do this for everyone, so parent help with this is appreciated!
- Swimmers sometimes like to have a small game, journal, or book to occupy themselves when not swimming. Please be aware that camps are out in the open and coaches will be busy coaching and helping to get kids to camp, so do not leave valuables (tablets or phones) unattended or out in the open! We do not have security for camp items and cannot be held responsible. If something is not yours, DON'T TOUCH IT!
- Coaches will help assist kids in reporting to check in.

Facility Notes:

The clerk of course will be lining up swimmers 10 and under in the gym and taking them through the lobby door. Spectators should use the locker rooms to enter and exit the pool area. The hot tub and sauna are off limits, but the shallow end of the pool can be used for warm-ups/cool downs as long as their coaches supervise the swimmers. Please stay out of the racquetball room, weight room, circuit room and cardio room. There is a no smoking policy for the building and grounds, which includes the parking lot. We will have a full concession stand running through the swim meet, including swimmer-friendly foods.

If you have any questions, please email: harlanswimclub@gmail.com. Let's have some fun Saturday!