

Denison Meet 2/2/19

Teams Attending: Denison, Clarinda, Harlan, Carroll
Friday, February 2nd, 2019 | 10 AM
Warmups: 9:15 AM



Location:

Denison Aquatic Center | 710 N 16th St, Denison, IA

[Directions](#)

Event List:

114 Event List with relays:

<https://drive.google.com/file/d/1ngVOSFpIFTWDT5554mUn9UyOqqdNElUJ/view?usp=sharing>

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; **spectators may want to have layers as it can get warm in 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:

Food: Food service will be available. No glass containers in the pool area. No smoking in the facility.

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