

Hello YCF families –

If you are receiving this email, you have a swimmer entered in the Summer Solstice meet this weekend!
A few reminders and updates:

- Meet entries and psych sheet are now posted at ycfswimming.org
- This meet is VERY large and all swimmers need to be on pool deck (and in a suit, ready to go), 10 minutes BEFORE the start of their warm up to find their coach and get instructions on the meet. This is especially important at this meet as we will be doing **chase starts** from both ends of the pool and swimmers need to understand where they will be starting from for each event. The coaches will explain this more at the meet. We also have positive check in for certain events that our swimmers MUST be present for to confirm their swim.
- Meet timeline reminders:
 - Morning session – 7:00am warm up / 8:00am meet start
 - Afternoon session (Friday and Saturday) – 12:00pm approximate warm up / 12:30pm approximate meet start
 - Afternoon session (**Sunday**) – 1:00pm approximate warm up / 1:30pm approximate meet start (**CHANGE**)
 - Evening finals session (top 16 from prelims) – 4:30pm warm up / 5:30pm meet start
- The meet will be a ‘closed deck’, meaning swimmers and coaches need to be sitting together on the pool deck with parents in the spectator areas. Especially with the chase starts, swimmers need to be available to our coaches at an arm’s reach away to keep up with the pace of the meet. Parents – please help make sure this happens for the sake of your swimmer.
- Some sites unfortunately have coaches who cannot attend some (or all) of the meet; Cocoa swimmers will not have a coach in attendance on Friday or Saturday, Lake Nona swimmers may not have a coach present on Friday and Blanchard Park will not have a coach there at all... swimmers from these teams should check in with Coach Tom (for the morning session) or Coach Mike H (for the afternoon session)
- You will need to bring cash for heat sheets and/or for Subway, who will be at the meet all weekend operating concessions.
- **THANK YOU TO OUR VOLUNTEERS!** You allow this meet to run (and run well) and we appreciate you! **We are still in NEED of a few volunteers, especially on Sunday... if you can help time or be a deck runner for any session, please let me know ASAP.** I’ve attached a list of our ‘holes’ for people to consider filling in wherever possible, (everything in yellow must be filled!)... please email me back if you can help and thanks in advanced!

Thanks and see you on pool deck!