**Meet Protocol:**

* Warm-ups for away meets: All swimmers arrive by 7:45 AM. Check in with coaches.
* Warm-ups for home meets: 13-overs in water at 7:30 AM. 9-12 in water at 8:00 AM.
  + - * + 8 and unders in water at 8:20 AM. **Please arrive at least**
        + **15 minutes prior to warm-ups to check in and stretch**
        + **out.**
* Swimmers are expected to clean-up after away meets and at home meets stay and
* help clean pool grounds and store timing equipment. **MANY HANDS MAKE FOR**
* **LIGHT WORK!!**
* Some pools do not provide chairs, so bring your own.
* Swimmers are expected to remain until the end of the meet.
* Cell phones are not permitted to be used during the meet.
* Swimmers must bring water, snacks or sport drinks.
* Swimmers sit together in our Team area. Friends are welcome to attend but not in the
* Team area.
* Coaches will determine when “speed suits” can be worn.
* A parent is assigned to each age group. Swimmers are to see that parent to get their
* event card (event cards are used for all individual and relay events).
* There is a team cheer prior and after every meet.
* Swimmers are expected to wear Dolphin suits/caps at meets.
* Sportsmanship to others including swimmers and officials is expected.
* Questions, see a coach.