

## **DEL NORTE DOLPHINS MEET SIGN-OUT PROCEDURES**

**Seeding a meet starts over a week prior to the scheduled meet date. The coach must contact the opponent team to determine how many heats in each event will be needed in order to schedule his swimmers. It is our goal to get every swimmer at least 2 individual events and 1 relay per meet. In the larger age groups, this is not always possible. For this reason, it is very important that we know who will not be attending a meet at least 1 week prior to the scheduled meet, including championships. We realize that people do get sick at the last minute, but that usually accounts for very few of our scratches.**

**Scratching out a swimmer from the meet is time consuming and can often delay a meet start, thus prolonging the meet unnecessarily. Please do your part to help make the meets run smoothly by following the below procedures.**

- 1. Please fill out the attached form as soon as you know your swimmer(s) will be missing a meet.**
- 2. Please place the completed form in Coach Melissa's box at least 1 week prior to the scheduled meet.**

**Unexpected events do occur, but please inform us as soon as possible if your plans change.**

### **MEET DAY SCRATCHES**

**Every swimmer must check in with Coach Melissa between 7:00 - 7:15 A.M. for home meets and between 7:00 – 7:30 A.M. for away meets. If your swimmer has not checked-in, they will be scratched from all their races and replacement swimmers put in their place. If for some reason you are running late, please get word to Coach Melissa that you are on your way. I will carry my cell phone to all meets, you can call or text your message to 612-7305. Please do not abuse this privilege.**

## SWIM MEET SIGN-OUT FORM

**Swimmer(s) Name(s)** \_\_\_\_\_

**Meet Date/Opponent** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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**Please list any/all meets you know your swimmer(s) will not attend, including Championships. Please list which day(s) of Championships you will not be attending. Please place this form in Coach Melissa's box at least one week prior to the scheduled meet.**