

FORT BEND ISD CLASSIC SWIMMING AND DIVING INVITATIONAL

COACHES SHEET

Welcome to the *Classic*. We hope to provide you with a great experience and competition. Please follow these procedures before the meet starts:

Visit the Hospitality Room and have something to drink and eat

Please note that there is no food on deck – drinks are OK

Make scratches on the sheets in the Hospitality Room

Fill in Relay Sheets and turn in to the Meet Management Room

Warmups:

Lanes are assigned and posted around the building

You may sprint in your lane(s) only

Meet Timeline:

12:00 National Anthem

12:05 First Event

No breaks

Girls in pool nearest diving boards

Boys in pool nearest main entrance

Natatorium Stuff:

No Food On Deck – if you have coolers, keep them in the bleachers or outside – I ask that you check your team and make sure they understand and will comply with this.

Sit down on deck side in front of bleachers so all can see

Stay off trampoline

Keep all outside doors closed – they are unlocked so you can go in and out, but not to be barred or held open.

Only officials on the bulkheads

After meet pick up awards in the Meet Management room

Pick up your team area before you leave