



RACE DAY ESSENTIALS

BEFORE RACE DAY

Nominations & checking	- Be mindful of nominations deadline (check your email because RSC sends reminders) - Check your child's details when entry list is emailed by meet host
Timekeeping	Sign up to volunteer for at least 1 timekeeping session – RSC will email the link to sign up, and post it on Facebook.
Check wardrobe	Ensure you have an RSC swim cap & appropriate race suit

ON RACE DAY: SWIMMERS

Wardrobe check	- RSC swim cap - Goggles + a spare pair - Appropriate swimwear - RSC t-shirt/polo (makes it easier to spot from afar) - Towel + spare (deck coat + towel on cold days)
Arrival	- Arrive 1 hour prior to race start – warming up is essential - Check in with coaches when ready for warm-up
Self-marshalling & coaches	- Write or ask your parent to write on your arm in black marker: Event Number – Heat Number – Lane Number - Listen with a sharp ear for announcements calling for your Event to marshal (usually 1-2 events before your event). - Check in with coaches before heading to marshalling area. - Check in with coaches immediately after each race.

ON RACE DAY: PARENTS

Arrival	Look out for RSC group (most of us will wear the RSC polo or red t-shirt) and sit together for support
Timekeeping	- Present yourself at the correct lane a couple of minutes before your volunteer session - Count laps, stand on ledge if necessary to check when swimmer touches the wall, click stopwatch. - For manual stopwatch: reset it with a click, and click once more when bell goes off to start the next race. Write down manual time.
Food	Bring sufficient snacks to keep your swimmer fueled.
Understanding events	- For efficiency, swimmers are grouped in heats based on entry time so different ages will be in the same heat. Usually Heat 1 is fastest, although that can be reversed, depending on the host. Entry time is based on the last swim in the same-size pool, otherwise it is a converted time. NT = no time, this is the swimmer's first entry into that race. - Check results on Meet Mobile app (annual fee applies; it will send you live notifications after your swimmer's race is verified) or on Swim Central (under Results).