

**Palma Ceia Warm-up Schedule
for the Dick Smith Meet**

Important: Please do not leave the meet unless you ask coach Todd if you are in a relay first.

Swimmers 9 and 10 need to be at Carlouel at 7:15AM ready for warm-up.

Swimmers 8 and younger need to be at Carlouel at 7:30AM.

Please look for the two white tents located on the west side of the pool (towards the building).

The meet will begin at 8:30AM.

11 and older swimmers need to be ready to warm-up at noon. This sessions meet will begin at 1:00PM.

Items to bring to the meet:

2 to 3 towels for your child

sunscreen

water

chairs

snacks

If you have any questions, please let Coach Todd know.