



A Parent's Guide to League Finals 10 and Under AM Session

1. Click this [link](#) for directions to the GAC. Please plan to arrive by 7:30 AM. Warm ups will start at 8AM and the meet starts at 9:30AM. Your coach will have your team's warm up time. The 6 and under meet will be running as the 7 - 10 year olds are warming up.
2. Parking will be free this year due to another event being held in the complex 😊.
3. **NO PARENTS WILL BE ALLOWED ON DECK (unless volunteering - best seat in the house!).** PLEASE communicate this to your swimmers.
4. Your team will decide how to get your swimmers to your team location - coaches may escort swimmers through the locker rooms.
5. **Only authorized people (wearing lanyards created by GFSL)** will be allowed on deck for the duration of the meet.
6. Teams will have designated team parents who will have contact numbers for all swimmers' parents. If your swimmer needs to get in touch with you, they need to let the team parents know. You may then meet your swimmer in the hallway outside the locker room.
7. Your swimmer can come to you in the stands - you cannot go to your swimmer on the deck.
8. Swimmers may want sweatshirt/sweatpants to wear on deck to stay warm.
9. Swimmers should bring games/books/activities for the team area while they wait for their events.
10. There will be no delays for bad weather - the pool is "grounded" so the meet will go on!
11. You are not allowed to bring coolers or **VISIBLE** food/drink into the GAC. Talk to your team rep for further details on this.
12. The touchpads **WILL BE DISABLED** for the younger swimmers. Timers will be using "plungers" that are synced with the computer and electronic scoreboard.
13. Individual events will be starting at the "bulkhead" and swimming towards the diving pool. For the relays, IM, and 50 Free the use of blocks will be the swimmers choice. Please talk to your coach and/or league rep for starting clinics being provided by TYDE on July 6th at Fulton Y. If your swimmer would like to practice starting off the blocks click [here](#) to sign up for a time.
14. Each team area will be supplied with a set of bleachers - swimmers cannot bring chairs onto the pool deck.
15. Swimmers will be lined up by their coaches for the relays. There will be a clerk of course.

We are looking forward to an exciting and fun League Finals Event. Please contact your league rep if you have any other questions.