



Wide Bay Relay Teams McDonald's QLD State Championships

Please read the following notice and telephone (0431 254 994) or email me if you have any questions:

Team Managers: Michele Watson, Jessica Sallaway, Debbie Sutherland

Team Coach: Scott Hamlet

Check Time: 1.15pm as any name changes need to be submitted prior to 2pm. Michele and Jessica will be there from opening for club relays so you can check in early if it suits you best. Relays follow the club relays. The time they begin is uncertain.

Where: Eastern Side of the complex down near the last set of entry doors.

Warm Up: Swimmers will then have the option of warming up with their own club or warming up with Scott. If warming up with their club coaches, swimmers will be required to provide a mobile phone number so they can be contacted if they have not come to the managers prior to marshalling time.

If they are warming up with Wide Bay coaches they can leave their gear with Jessica/Michele/Debbie who will be in the stands above the diving pool on the eastern side of the pool.

Uniform: Wear your own swimwear. Wide Bay will be providing caps and shirts. All swimmers are required to wear their caps while swimming. Caps and shirts will be provided on check in.

Food/Drink: Swimmers are required to bring their own food/drink for the day.

Medical Forms: Attached is a medical form for you to complete & email back or bring on the day.

Team expectations:

- 1) You check in on time
- 2) Provide a mobile phone number you CAN be contacted on during the day
- 3) You wear your cap while swimming
- 4) You report to the managers prior to marshalling who will send you to the coach
- 5) Regional relays swim very quickly and each year we find a swimmer who has not allowed for this after a long day of club relays. Please respect other members in your team and be prompt for reporting and marshalling.
- 6) Email or bring your medical form.

Cheers
Michele Watson