

YOU MUST SIGN YOUR SWIMMER(S) IN TO CBST-SAL DUAL MEETS OR THEY WILL NOT BE ABLE TO SWIM (even if they show up at the meet).

The meet sign-in/out deadline for each Saturday dual meet is the Wednesday before the meet at 9 P M .

Each swimmer must be signed-in or signed-out of the meet using the Swimmer's Portal. This is the same online facility used to sign-in/out for time trials.

Follow the directions provided in the posted Swimmer's Portal instructions.

A few details:

-Remember that if your swimmer will be arriving late or leaving early, you must choose "will attend some of the meet" AND use the comments box to provide specific timing.

-If you have multiple swimmers, check each one in or out individually.

-The sign-in/out will be available until 9pm on Wednesday. You can make any necessary changes until then. Once this deadline passes, the sign-in/out facility for that meet will no longer be available and you cannot sign your swimmer in to the meet. If you have signed-in and need to change that after Wednesday night, email a coach on Thursday or Friday. If you have a last minute emergency and cannot attend, call the team track number on the website (upper right) and leave a message for your coach from Friday at 5pm through 2 hours before the scheduled meet start time.

-Again, if any swimmer is not signed in to a meet it will be assumed that they are NOT swimming and they will NOT be put in the line-up. If they then show up at the meet, they still will NOT be put in the line-up.

-Please don't wait until the last minute. Make contact with any questions BEFORE the deadline. Do NOT contact anyone after the deadline and ask them to get your swimmers into the meet.

-Remember - this is the ONLY way to sign your swimmer in or out of a dual meet. Do not contact the coaches or parent board members about your swimmer's meet attendance.

-Remember – Do not use the meet check-in/out comments section to provide volunteering information. Volunteering information must be emailed to the appropriate team rep (see volunteering page of website.)