

**YOU MUST SIGN YOUR ATHLETE(S) IN TO CBST-SAL/CB Diving DUAL MEETS OR THEY WILL NOT BE ABLE TO PARTICIPATE (even if they show up at the meet).**

The meet sign-in/out deadline for each week's Saturday (or Friday night some weeks for diving) dual meet is the Tuesday before the meet at 9PM.

Each athlete must be signed-in or signed-out of the meet using your Team Unify account. This is the same online facility used to sign-in/out for time trials or the practice diving meet.

Follow the emailed directions.

A few details:

-Remember that if your athlete will be arriving late or leaving early, you must choose use the notes box to provide specific timing.

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

-Carefully select the correct meet for each athlete (the right date and girls or boys swim or the diving meet that applies to the athlete).

-The sign-in/out will be available until 9 p.m. on Tuesday. 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 athlete in to the meet. If you have signed-in and need to change that after Tuesday night, email a coach Wednesday through Friday (for Saturday meets). For swimmers: if you have a last-minute emergency and cannot attend, call the team track number on the website home page and leave a message for your coach from Friday at 5 p.m. through 1 hour prior to warm-ups.

-Again, if any athlete is not signed into a meet, it will be assumed that they are NOT attending, 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 athletes into the meet.

-Remember - this is the ONLY way to sign your athlete in or out of a dual meet. Do not contact the coaches, CB Aquatics staff, or reps about your athlete's meet attendance prior to the sign-in/out deadline.

-Also, please use the meet check-in/out comments section to let your rep know if your athlete is attending and you cannot volunteer, otherwise it will be assumed that you are available to volunteer.

-Divers: any needed additional information specific to diving will be provided by your rep/coaches.