

CHEERING SQUAD SUGGESTIONS:

- Snacks
- Beverages
- Hat
- Sunscreen
- Sunglasses
- Umbrella
- Sweatshirt
- Folding chair or blanket
- Camera
- Cell phone
- Your participant's Race number and swim wave
- A plan to meet up with your participant at conclusion of the Race (texting or calling are best options)

DON'T FORGET YOUR CHEERING VOICE!