

## Meet Readiness Checklist

- ✓ Please arrive 30 minutes prior to "Open Warm-up"
  
- ✓ Uniform:
  - Leotard must be worn upon arrival
  - Warm-ups on and zipped up
  - Tennis shoes on - black/white/black & white
  
- ✓ Hair:
  - Side parted (may be braided or twisted to keep bangs out of the way)
  - Hair into a high bun
  - Must use the scrunchie around the bun
  - Search YouTube on hair with a side part if ideas are needed
  
- ✓ Backpack (please keep the following items in your competition back pack):
  - Flip Flops (black or white)
  - Extra hair ties, hair spray, brush, etc.
  - Band-aids
  - Tape and pre-wrap
  - USAQ Membership Card
  - Let It Shine T-shirt (if it's too hot to wear competition jacket)
  - Any medical needs (ie., inhaler, medications, etc)
  - Water bottle
  - Healthy Snacks