



CP Lakeshore SC

Competition Check List

What to bring:

- Your skates
- 2 copies of your music CD
- Running shoes for warm-up
- Competition Dress (pants/shirt if male)
- Competition tights (plus a back-up pair)
- Matching scrunchies, hair accessories, etc.
- Hair ties, bobbie pins, hair spray, glitter, gel, brush, curling iron, hot rollers
- Make up, if desired
- Warm up jacket, gloves
- Skate Guards
- Spare laces. Make sure they will fit if you've gone up in size on skates
- Clothes to wear after competing or going home
- Water bottle and a small non-messy snack.

When you arrive:

- Plan to arrive 1 hour before your event.
- Go to registration and check in. You will turn in your music (2 copies) and they will direct you to the correct dressing room number.
- Find the area where the results will be posted. This will show the order that you will skate. The program will list the skaters but it is *not* the order they will be skating. When results come in, another sheet will be taped over the skate order with the final results.
- If you choose to purchase videos or action photography find those vendors and make arrangements. They will usually request your event numbers.

After the competition:

- Pick up your music and results sheets from the check-in desk before you leave the arena
- Please email your results to competitions.lakeshoresc@gmail.com

And most of all, ENJOY!!!!