SSL Round 2 2026/27
HOSTS: Dulwich College Pudong
1 day event on Saturday November 14th, 2026

	Transport	**Friday November 13, 2026 (for those who are traveling with the school)** 15:00: Register & meet up at HIS lunch hall 15:30: Depart Hangzhou 16:30: Bus stops for dinner at a truck stop (45min-1hr) 19:00: Predicted arrival at hotel & check in 19:15: Quick expectation meeting for independent travelers (not necessary for those traveling with parents 21:00: First round of room checks & request for lights out (independent travelers only) 21:30: Lights out final room check & phones taken by coaches (independent travelers only) **Saturday November 14, 2026** TBA: Wakeup call via automated call (independent travelers only) TBA: Breakfast & check out of rooms TBA: Bus departure TBA: Arrival to school – set up area TBA: 10 min dry land warm-up TBA: Team meeting/anyone not present will be messaged on the group TBA: On poolside ready to start warmup, all student-athletes MUST wear HIS cap TBA: Warmup led by Coach Meg Shaul and assisted by Coach Tao Wang TBA: First race TBA (to be announced) **17:30 APPROX: Last race** TBA: Bus leaves as soon as possible TBA: Bus stops for a short time (30 mins max.) TBA: Estimated return to HIS
TRAVEL TIP: On the Saturday morning, have the children wear their race suit underneath their clothes so that when we arrive at the school, they are ready to go! Don't forget to pack underwear for the trip home after the races!		
💵	**CONSENT & PAYMENT**	When consenting for the event, in the consent notes please add a note if you would like HIS to book the bus and travel for your family. **Deadline for consenting on SchoolsBuddy & opting for team travel: *Oct. 24, 22:00*** Important notes about school travel (changes from last year): • **HIS Aquatics will only organising trips for those who travel on and with the school bus and school organised hotel. To be part of the team booking, please add a note on the consent, 'TEAM TRAVEL'.**

		Anyone who does not want to use the school bus and follow the teams schedule, please book your own hotel and travel, tips for hotels are listed below. • Once we have gathered all those who would like to use HIS travel we will confirm via email and add the payment to your account (to save any confusion). • All lower schoolers MUST be accompanied with parents at swimming meets. • Only those who travel with the school arrangements can use the school bus from the hotel to the meet on Saturday morning. Twin rooms cost: 550 RMB 3 beds in a room: 800 RMB Bus cost: 150 RMB **Total costs with school booking** Parent & child cost (lower school): 850 RMB Single child (upper schooler): 425 RMB **How to book with the school?** HIS Aquatics Department can only book for those who use our full travel plans; bus and hotel. These costs and bookings will only be added upon request; we kindly ask that you add a note to the consent on SchoolsBuddy. In failing to add the note, please email Coach Cheryl at cherylphilp@hisdragons.org.cn
	**HIS TRAVEL TRIPS & SUPERVISION**	All passports of independent travellers handed in by 2 days before the event to the front desk in the admin office! Remember in China, you need a passport/ID to check into a hotel. Student-athletes travelling without a parent will be supervised by coaches. The coaching team will check on student hotel rooms consistently; male coaching staff for boys' room and female coaching staff for girls' rooms. Meeting times will be set throughout (for departures and meetings) – students are expected to be on time. Phones and all electronic devices will be collected before lights out. Electronic devices will be returned at breakfast the next day (generally this encourages student-athletes to make it to breakfast on time). Students will be given a note of the coach's room numbers and shown how to call on the hotel phone so they can call us if they need anything. Independent travellers CANNOT leave the hotel with family; they must stay under the coaches care at all times. Apart from these times, students will have downtime in their rooms. All lower school students must be always accompanied by a parent and/or an HIS staff member. We fully respect that each family has its own approach to parenting. However, we kindly request that parents traveling independently ensure their children are always supervised while on hotel premises. For safety

		and comfort, children should not be permitted to roam the property unattended, nor use facilities such as the gym or swimming pool without appropriate adult supervision. We appreciate your understanding and cooperation in maintaining a secure and pleasant environment for all our guests.
	**UNIFORM**	Student-athletes must travel in HIS PE t-shirt During the meet, students may wear their own clothing and own race suits. We ask that everyone must wear an HIS swim cap during races. Pack, also, appropriate shoes and other apparel. 👕 **Swim Gear** *ALL STUDENTS MUST SWIM WITH AN HIS YELLOW CAP!* Yellow HIS caps can be purchased at the Dragon Store! Competition swimsuit (plus backup suit), goggles (bring at least 2 pairs in case of breakage), HIS Swim cap(s), towels (quick-dry, 1 or 2), flip-flops or pool slides, warm-up suit or parka for between events OR a warm hoodie. 🎒 **Essentials** HIS PE t-shirt, ID card / passport, water bottle (stay hydrated!), healthy snacks and small bag for wet gear. 🧴 **Personal Care** Products for hygiene and comfort, do not forget pyjamas! 🛌 **Comfort & Recovery** Blanket or hoodie for staying warm, folding chair or cushion or yoga mat for waiting areas, book, headphones, or cards for downtime, foam roller or stretch bands for high-performance swimmers, electrolyte packets, extra socks and underwear and importantly a plastic bag(s) for wet clothes.
	**FOOD/SNACK**	During this meet, we will encourage healthy eating. The hotel will provide breakfast, but from then, you are free to eat your own snacks. Be mindful of eating before races! During the bus journeys to and from Shanghai, the bus will stop so that food can be purchased. See information above for eating arrangements.
	**AGE GROUPS**	These are the age groups during the competition: 9 through 18 years old. Children who are not 9 years old on the day of the event are not illegible for this event.
	**ROOMING**	The HIS coaching team pre-arranges room assignments for independent student-athletes. Coaches will hand out assignments at the hotel.
	HOTEL	HIS will book hotel rooms at Ramanda upon request in the consent comments in SchoolsBuddy: Ramanda Plaza by Wyndham Pudong No 18 Xin Jinqiao Road, Shanghai, Shanghai, China 201206

		For those booking their own travel other recommendations from hosts are listed below: Shanghai Marriott Hotel Pudong East 15 Xinjinqiao Road, Pudong New District, Shanghai, Shanghai, China, 201206
	**MEET VENUE & PARKING**	Student-athletes will be competing at Dulwich College Pudong266 LanAn Road, JinQiao, PuDong, Shanghai, 201206 上海市浦东新区金桥蓝桉路 266 号，201206 Parking information: TBA
	**OTHER INFO**	Our Athletic Department shall pay for the meet entry fees of this swim meet for each athlete. Lunch information: TBA
	**SICKNESS / INJURIES**	**Dulwich College** will have a nurse on-site. They will oversee sickness and injury care during the competition. HIS staff or parents will care for students' health at all other times. Please make us aware of any allergies or medical needs of you/your child.
	**BEHAVIOR**	During this meet, you are representing both HIS and yourselves. Whilst the coaches will reinforce good behaviour, we trust you, as members of our Swim Team, to show pride in your school and behave accordingly. Student-athletes travelling independently will be supervised during the hotel stay and the following rules enforced: • No entering hotel room of another gender! • No moving rooms after lights out! • Do your best to respect your room and areas your using! • Be prompt for meeting times! • Respect ALL teammates and coaches – in language, in behaviour and in showing support also! • Calling for an improved community effort in keeping our team space clean and leaving the area better than we found it. Each student, parent and coach should make a collective effort to help tidy up and encourage one another do so politely and without judgement.
	**Parent facilities**	TBA