

Some Useful Information About Meets For Our New Parents

What to Bring to a Meet:

- ◆ **Team Swimsuit**
- ◆ **Cap** (bring an extra in case of a tear)
- ◆ **Goggles** (2 pair—if they're going to break, it will be on the blocks)
- ◆ **Sharpie Marker** (to write your swimmers events on their hands)
- ◆ **Highlighter** (in case you want to highlight your swimmer and their teammates in the heat sheet)
- ◆ **Towels** (bring 2 or 3 per swimmer—they get wet and often cold between races)
- ◆ **Snacks** (we have a great snack bar with lots of healthy food—some other places are not as great and you may want to have something just in case)
- ◆ **Water**
- ◆ **Chairs and Blankets** (blankets for the swimmers to sit on)
- ◆ **Money for concessions**
- ◆ **Team apparel/Sweats/change of clothes** (to keep warm before/during the meet and to wear home afterward)

At a meet:

- ◆ **Arrive 15 minutes early**—this allows your swimmers plenty of time to find the team camp and get set up before warm ups begin
- ◆ **Warm-ups**—be on deck a few minutes before warm up start so that the coaches can put you in the appropriate lane
- ◆ **Get a Heat Sheet**—these are usually only available at larger meets and can be purchased for \$3-\$5. At dual and tri meets, each team usually needs to share a few copies. In this, you will find a list of events and what heat and lane assignments your swimmers have.
- ◆ **Write events on hand**— use a permanent marker to write your swimmers event on their hands. If they are swimming in race #47, the 50 Fly, in heat 2, lane 4 and race # 83, the 50 breast, in heat 1 , lane6 you would write on your swimmers hand:

	Heat	Lane
#47 50 fly	2	4
#83 50 breast	1	6

This lets your swimmers check at anytime what they are swimming and to watch for their race to be called to the bullpen and for the younger swimmers, this lets any adult help them with where they need to be at any given time.

- ◆ **Listen/look for events to be called to the bullpen and report** - a bullpen is where swimmers, typically the 10 & unders, check in and are lined up for their event. Some events yell out which event is being called to the bullpen, others have flip numbers to watch for. Swimmers/parents are responsible to get to their event— unfortunately they do not wait for anyone. If they do not report to the bullpen or the blocks, the race will go off without them.
- ◆ **See your coach after each race**
- ◆ **Be sure to check for free relays before you leave**— these sometimes get switched around during the meet if a swimmer is absent or sick.

Please note that these are just a few suggestions. You may find you want to bring more or less than suggested. If you have any questions or need any help before or during the meet, just grab a parent of any older swimmer. We are all happy to help anytime!