

Meet Prep Sheet

Some things to keep in mind when getting ready for a meet.

Check List:

- Team Suit
- Goggles
- Extra towels
- YOSI Seals swim caps
- Something to sit on (blanket, chairs)
- Snacks, preferably not high sugar ones
- Drinks, water is always good
- Sharpie Pen

Terms to know:

- Heat sheet-it is a program for swim meets; it has the order of events as well as what heat and lane your child will be swimming in.
- Event- 50 free or 50 back would be events
- Heats-limited number of people can compete at a time due to the number of lanes, so races are broken down into heats
- Prelims & Finals-Some meets particularly for senior swimmers can be set up so the swimmer swims the event in the morning and then if they place in the top 8 or 16 they come back to swim again. It is where they place the second time that matters.
- Timed Finals-This means that an event is swam once and those results are final

Things to know:

- Sometimes the temperature outside and inside can be different. So dress in layers for warm, cool, and cold.
- Heat sheets, which are available to purchase at most meets, can help you keep track of what is going on in the meet.
- After each swim, an athlete needs to speak with their coach. This way they can receive immediate feedback on their swim.
- Swimmers will want to be there 10-20 minutes before warm-ups. Then they can let their coaches know they are there and get settled in and changed for warm-ups.
- Most swim meets run a bullpen. Between events, swimmers should stay in the bullpen area as to avoid missing events. From the bullpen, events are announced; swimmers lined up, and then moved to the pool area for their events.
- Once behind the blocks, swimmers should tell the timer their name to make sure they are in the correct lane. The heats move fast and swimmers will need to pay attention to the swimmers around them to make sure they swim in the correct heat.

Hope this information is helpful, if anyone has further questions please ask a coach at the pool or you can contact Coach Patrick by email at patrickbever@yahoo.com.