

Swim Meet Checklist

Swimmer

Parents
Team T-shirt
Swim suit
Spare swim suit
Swim cap
Spare swim cap
Goggles
Deck shoes
Spare goggles (1 or 2)
Towels (2)
Water bottle
Snacks
Clothes for meet (sweats, warm-ups)
Clothes for before/after meet
Shampoo/soap for shower (NO razors)
Good attitude
Smile

EAT BREAKFAST BEFORE MEET

Write events on swimmer's hand or leg at meet. Ensure that the swimmer can read hand (not upside down).

Parents

Swimmer(s)
Chairs
Mat/blanket for floor (in gyms)
Seat cushions
Markers
Ball point pen
Kleenex or paper towels for messes (baby wipes)
Something to do (newspaper, book, ect)
Money for concessions, heat sheets, ect
Personal emergency kit (prescriptions, allergy meds)
Map and meet info
Hotel info for out of town meets
Snack and water for car (keep swimmers hydrated)
Ensure swimmers eat before meet
Plastic bags for garbage.

For example:

E	H	L	
5	3	5	50 FREE
13	4	7	100 IM
17	2	2	100 FLY

Be proud of our team, always leave our area neat and tidy.