WHAT TO KNOW ABOUT MEET DAYS

1. What to bring: -Old sleeping bag or blanket to sit on in the rest area
   -suit, goggles, warm clothes, & two towels
   -things to do during the meet: cards, books, music etc.
   -nutritious snacks: fruit, sandwiches etc. (usually there is also a concession stand to buy food)
   -meet event form
2. Be sure to allow plenty of time to get to the meet. Arrive at least 30 minutes before we are scheduled to warm-up. This will allow your swimmer to get suited up and stretch before entering the water. At most YMCA meets our team will have a scheduled warm-up time. If you are late, it may not be possible to warm up adequately. At USA meets the teams will warm-up at the same time. Warm ups may be crowded, so it is important to get in right when warm-up begins.
3. We sit together as a team in the rest area. Look for the area we have designated, when you arrive at the rest area.
4. During warm-up remember:
   -enter the water feet first
   -practice turns
   -listen for the time when you may practice starts.
   (cones will be removed from starting blocks to signal that you may do starts)
5. After the meet begins remember:
   -watch for your events. At YMCA meets in the rest area is a board that will tell you the events being swum and what events are being called to the Clerk of Course. At USA meets you will need to keep track on your own.
   -talk to your coach before you swim to get pointers on your race.
   -at the beginning of your race, wait until the official signals you to get up on the block or to enter the water if you are swimming backstroke.
   -talk to your coach after your race for feedback.
6. After the swim meet remember to clean up our rest area.