

Be Prepared for Swim Meets

1. 2-Sets of Goggles: Recommend that you purchase bungee straps for each pair of goggles. The MSST swim shop has them in stock as well as goggles. Please note: The nose piece can break or the rubber gasket can start to leak are just a couple of the reasons why you need two pairs of goggles. The bungee type straps will last longer than the standard rubber straps!
2. Recommendation: Men – Swim Suits: Some swimmers prefer “jammers” and some prefer brief speed design. Whatever you prefer; one should be used *only* for swim meets! As they wear out over time; they can be used for swim practice after they have been retired for swim meets. The team suits and/or racing suit (jammer or brief design) should be snug and tight to the skin. Once they are loose fitting they will create drag during a race.
3. Women – Suits: The team suits used for competition needs to be tight and snug. When they start to wear out they can be used for swim practice.
4. Have two towels: Towels that lay on the pool deck will soak up water.
5. Bring goal sheets to all swim meets as well as a small (spiral) notebook to enter your split times. The split times will help you accurately compute your fade factor. All of which should be in a plastic (freezer type) zip lock bag with a pen or pencil. **BRING “SHARPIE’s” TO WRITE EVENTS ON YOUR ARM!**
6. Swim Caps: Team caps are either Black or Orange. Which one to use at a swim meet will be determined in advance. They may be worn during practice.
7. Recommendation: To prevent the body from being chilled it is recommended that you have a pair of sweats (warm-up pants and top) in your swim bag. Pools such as UAF; the air temperature is cooler than Hamme or Westcott pool facilities.
8. If you own an MSST t-shirt. Please wear it at all swim meets.
9. Juniors: We have a lot of novice swimmers! Please help them get to the blocks for their races. You can help them get their event numbers on their arm or hand after they warm up.
10. Please say **THANK YOU** after your race to the timers and officials.
11. No glass containers are permitted on the pool deck!
12. Reminder: Always ask the timers your time and compare the time to what is shown on the display board. Reason: Sometimes the swimmer does not hit the touch pad hard enough and stop the clock.

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13. **NO** cell phones....**NO** texting....**NO** music recording devices are permitted during a swim meet. Support your teammates by cheering!
14. Memorize your best times...!!!
15. During the winter months please do not go outside with wet hair! And...Crocs with socks are NOT designed for -40 temperatures.
16. Swim Bags: Should be made of nylon (they dry out faster)... Accessories like side pockets and shoulder straps are nice and useful.
17. **Remember:** To check-in before and after all races with the coach(s).
18. Be on the deck 15 minutes before warm-up begins. Warm-ups will be swum in shifts due to the fact that we will have 2-lanes. Each group will be warming up for approximately 20-minutes.
19. Novice swimmers are **NOT** permitted in the diving well during a swim meet; unless they are accompanied by a coach or older swimmer!
20. And....Always bring a water bottle to swim meets!!!
21. Remove ALL jewelry, hair pins, and hair bands before your race! **NOTHING ON THE ARMS, LEGS, WRISTS, and ANKLES are permitted by USA Swimming.**
22. Parents/Swimmers: Remove shoes before walking on the deck. Sandals and/or deck shoes – OK!
23. If, MSST is hosting a swim meet: **HELP** clean up and put away equipment after the meet is over!
24. Swimmers: If your parents are working on the deck....Once in awhile go ask them if they need coffee, water, food, etc....
25. If you have completed your individual events; ALWAYS check with the head coach to see if you are in a relay(s).

26. As a courtesy... Leave a path along the length of pool for the officials and coaches. Do NOT place your feet in the gutter during a race.

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27. Do NOT loiter or play in the locker rooms!
28. If you have valuables; give them to your parents or lock it up.
29. If you leave your clothes in a locker....Bring a lock!
30. All pool rules and regulations are enforced by the pool staff.
31. Take a shower before entering the pool for warm-ups.