

# BLUE DEVILS SWIM CLUB

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## Swim Meet Checklist

When signing up for a swim meet, please check to see if it is an indoor or outdoor pool. It is important to bring warm clothes for the outdoor pools.

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### I am going to:

- Eat Well; Drink Wise
- Know My Times; Know My Goals
- Work With the Situation
- Do all The Small Things
- Imagine My Race
- Support my Team-mates

### I am going to bring:

- Towel, suit, cap, goggles
  - HEALTHY snacks
  - Sunscreen, hat, rain gear
  - Cards, games, books, music, etc.
  - Team wear (sweats, t-shirt, etc.)
  - The Blue Devils Handbook
  - Lots of Energy!
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**Swim Meets are organized competitions between two or more teams or clubs. They allow the swimmer to demonstrate swimming proficiency under the pressure of competition. During the course of every swim year, a competitive swimmer will have the opportunity to participate in several meets with swimmers of a similar level of ability.**

**There are several types of swim meets in our schedule. The season begins with the North Zone held as a ice breaker meet. This introduces new families to swim meet procedures and establishes “times” for each stroke. Invitational meets follow offering entire event lists over two days with entry sometimes subject to qualifying “A” or “B” cut-off times. Each competitor, in consultation with their coach, generally chooses four but sometimes six individual events. All swimmers are welcome at the Regional meet, provided they have swum in at least one sanctioned swim meet during the summer season. The season ends in August with Provincials.**

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