

Swim Meet Check List

- 1) Pack swim bag with swim suit, goggles, swim cap, water bottle, and snacks
- 2) Show up 10-15 minutes prior to the start of warm up.
- 3) If the heat sheet is digital, please make sure you have a printed copy before traveling to the meet.
- 4) Make sure that you have all events/heats/lanes marked on you **prior** to warm up.
- 5) Be behind the blocks ready to jump in at the start of warm up.
- 6) Go talk to your coach before your race for pre-race tips.
- 7) SWIM FAST!!!
- 8) Go talk to your coach after your race for post race evaluation.
- 9) HAVE FUN!!!