

# Things to Bring to a Swim Meet

## **Event List**

This will be emailed from Coach Doug with meet information including the on-deck time, their individual events and possible relays – usually the week of the meet. On-deck time is the very latest they should arrive on-deck and be ready to swim.

## **Permanent Marker**

To write your child's event numbers/heat/lane/stroke on hand/arm so they can keep track of their events. See more on arm writing below.

## **Highlighter and Pen**

To highlight your child's events in the meet program and to follow along during the meet.

## **Cash**

To purchase a meet program and use at concessions.

## **Goggles, DASH Cap, Meet Suit and Towels**

Extra goggles are a good idea in case they break or get lost. Extra towels are always a good idea so that you can make sure they have a dry one for after the meet.

DASH caps are available to purchase from the coaches at practice or the meet. Try to have the cap prior to the meet if possible. Latex- \$5; Silicone \$15

## **Bottled Water and Snacks**

In case there is not a concession stand. Plan on the swimmer needing one liter of beverage. Snacks should be healthy carbohydrates that they can eat and digest quickly. Examples: cut fruit, granola bars, graham crackers, peanut butter crackers etc.

## **Layered Clothing/Sweatshirt/Robe**

Pool temps can vary. Swimmers need to stay warm during the meet to keep their muscles loose and be ready to race. Coaches prefer swimmers to have covered arms and legs after each race.

## **Flipflops/Sandals/Crocs**

To wear on pool deck.

## **Outdoor Meet**

Chairs, blankets for ground, sunscreen.

Swimmers should check in with the coach before and after their race. Coaches will tell them how to swim their race and review their performance.

As always: A smile and encouraging words to your swimmer.



## Writing Events on Your Swimmer's Arm

Swimmers don't have heat sheets, so how do they keep track of what events they are swimming in? By writing on themselves, of course.

Each swimmer will need to have a grid on their arm or leg showing:

- **E**vent number
- **H**eat number
- **L**ane number
- **S**roke/distance

Using a waterproof marker (i.e. Sharpie permanent marker) is important to this process.

The example below has the swimmer participating in 2 events.

In Event 22, Heat 3, Lane 4, she will be swimming the 50 Freestyle.

In Event 35, she will be swimming in the Heat 1, Lane 2 for the 200 Individual Medley.

<b>E</b>	<b>H</b>	<b>L</b>	<b>S</b>
22	3	4	50Fr
35	1	2	200IM