



WHAT TO BRING TO A SWIM MEET

Two suits

Cap/goggles - bring extra

Towels - bring extra (3-4)

Snacks - healthy munchies

Water Bottle

Warm-ups/sweatshirt to stay warm in between events or a robe

Dry clothes for after the meet

Lawn chair/blanket for crash area in between events - usually set up in a hallway or gym area depending on the meet

Games, cards, music

Sharpie marker to write events on swimmer

Highlighter for heat sheet packet

A positive attitude!

Make sure you are ready to go and on deck 10 minutes before warm-ups begin!

Remember to visit Splash Multisport for any swim needs.