

# SWIM MEET CHECKLIST

## SWIMMER

- Team Suit  
And a practice suit, just in case
- Team cap (2)
- Goggles (2)
- Towels (2+)
- DELTA apparel  
To keep warm on deck
- Deck shoes  
Something easy on & off
- Blanket/Sleeping bag
- Water bottle
- Healthy snacks  
High Protein
- Cards, games, books
- Dry clothes
- PMA & a smile!  
Positive Mental Attitude

## PARENT

- Swimmer(s)
- Meet Information  
Get from Delta website
- Personal emergency kit  
Prescription/Tylenol/band-aids
- Water & Snacks  
Keep swimmers hydrated
- MONEY!! (cash)
- Something to read/do
- Folding chair/seat cushion
- DELTA Spirit Wear  
Identifies parents to sit together
- Highlighter, Pens & Sharpie  
Write events on swimmer's hand/leg

E	H	L
#5 50 Fr	3	5
#13 100 Im	4	7
#17 100 Bk	2	2

**Be proud of our team, always leave our area neat and tidy.**