

# How to Survive a Swimming Meet

If this is your first swimming meet, you might be thinking “what have we gotten ourselves into?” It’s okay, take a deep breath...we’ve got you covered with a “How to Survive a Swimming Meet Manual”. Sit back, take a deep breath and enjoy these survival tips!

1) Make sure you bring cash to pay for admission and your heat sheet.

Wait...what is a heat sheet?! Think of this as the program, like for a school concert. It will have your child’s heat and lane information on it so you know when to be watching your kiddo compete.

2) Find other Center Grove Parents to sit with. Meets are a great way to meet other parents, we have a wonderful swim family that make sitting at a pool for an entire weekend bearable.

3) Download Meet Mobile to your phone - this app will have your child’s meet results and sometimes even a heat sheet so you don’t have to spend an extra couple of bucks at the meet. Note that not every Meet is on Meet Mobile.

4) Bring an extra charger (preferably a battery, like Jackery) to keep your device charged.

5) There is a lot of downtime between races...books, phones, tablets, whatever will help entertain you is welcome. Hence the extra charger!

PSA...remember you are typically on school grounds and certain items that may entertain you are not permitted...leave the flask at home.

6) If you have little ones coming that don’t swim...pack a backpack for them with small toys (no noise makers), books, their tablet, etc.

7) While every Meet has a concession stand, let’s be honest you are already spending enough money....pack a lunch, snacks, water/juice/soda...don’t forget snacks for younger siblings that aren’t swimming!

8) Pack an extra sharpie and a highlighter in your bag.

Wait...why do I need a Sharpie? Remember...your child needs his event number, and event name written on his arm with space for the Coach (or someone else) to write their heat and lane information. The sharpie is a just in case your child needs you to help write on their arm.

Wait...why do I need a highlighter?



Most meets have a positive check in policy which means you should look for the swimmer sign-in sheets that are typically hanging on a wall near the pool and highlight your child's name to confirm they are there.

9) Check this Facebook group for any updates on Meet times...occasionally meets can run behind and warmups will be later than expected. Parents and coaches will post those updates here...along with any traffic updates!

10) Bring your patience and a good attitude! Swimming meets are long days/weekends. Mentally prepare yourself to be hot and uncomfortable, packed like sardines on a bleacher. Make the best of it by sitting with Center Grove Parents! At some meets parents may bring lawn chairs and sit in an area outside of the pool...this makes it more comfortable and helps when you are bringing younger siblings!

Lastly...know that there are always plenty of Center Grove Parents around that will help answer any question or get you pointed in the right direction. Never hesitate to ask questions!