

Make the most of your meet. Eliminate stress by packing the night before. Here's a list of handy items for racing, comfort and spectating. Be sure to label everything with your swimmer's name as all these items look the same on meet day!

## MEET ESSENTIALS

These items are needed at every meet. Equipment breaks, so be prepared by packing back-ups for all items.

- CCSC Racing Suit and a Back-up Suit
- CCSC swim cap and one backup
- CCSC tee shirt
- Two Pairs of Goggles
- Two to Four Towels
- Warm pants, warm top/swim parka
- Money  
Cash for the entry fees, heat sheets and/or concessions.
- Slides / flip flops / crocks
- Sharpie Marker  
For writing down events.
- Water bottle  
Water and energy drinks.
- Snacks  
Don't eat things before you race that you haven't eaten before training/racing in the past. Good options include: raisins, banana, apples, trail mix, crackers w/peanut butter, grapes, small chunks of cheese or veggies; protein bars; etc.

## COMFORT

These are optional items that may make your day more enjoyable.

- Dry Change of Clothes  
Pack a full change of clothes for after the race. Don't forget outerwear and a hat for cooler days!
- Prescription Medications  
Inhalers, etc. (please notify coach of any medication)
- Entertainment Items  
For all the time between events, bring: games, playing cards, homework, reading materials, etc. Electronics are discouraged.
- Toiletries  
Post-race necessities such as shampoo, conditioner, lotion, etc.

## NOTES

- Cleanup After the Meet  
Please pick up your area when you are done swimming.
- Questions - Ask your coach before the meet or Sarah Hawley, during the meeting - She is just inside the door to the pool.

## SPECTATORS

- Deck Shoes/Sandals  
For your timing assignment.
- Snacks  
Don't forget to pack food for siblings and family - it can be a long day!
- Folding/Bleacher Chairs  
Dependent on venue (no folding chairs at MMA).
- Cooler  
Some venues don't allow coolers and some don't have concessions.
- Entertainment Items  
For all the time between events, bring: laptop, iPod/iPad, newspaper, reading, work etc.



## SAFETY

**For the safety of our swimmers, we follow and enforce USA Swimming Safe Sport regulations**

- Pictures  
Absolutely no pictures from behind the starting blocks
- Bathrooms  
Located on the 2nd floor of the MMA Athletic Building (next door to the pool) - only swimmers and designated staff are allowed in the locker rooms