

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