

Attending a Swim Meet

WHAT TO BRING:

- Team suit, team cap, goggles
- Extra suit, cap & goggles (just in case!)
- Towels (at least 2-3 ... realize your swimmer will be there a while, so pack extras)
- FAST t-shirt
- Warm-ups or something to keep them warm in between races
- Games or something constructive to pass the time in between swims
- Food. Each swimmer is usually allowed to bring a small cooler. Although there is a concession stand available at the meets, please bring your own snacks. Suggestions to bring: water, Gatorade, granola bars, sandwich, fruit, raisins, veggies.
- Dry clothes for after the meet.
- A positive attitude!
- Cash for parent and sibling entrance into meet and purchase of heat/psych sheets.
- **PARENT NOTE:** the pool area is usually VERY WARM! Please dress appropriately.

BEFORE THE MEET STARTS:

1. Ensure that your swimmer eats a good breakfast. Do not show up to the meet on an empty stomach.
2. Arrive at the pool at least 15 minutes before the scheduled warm-up begins. Warm-up times will be listed on the meet information under the "MEETS" tab.
3. Upon arrival at the pool, locate the FAST gathering spot (cafeteria, pool deck, etc.) to place belongings. A FAST Parent Liaison should be at the pool for assistance.
4. Find the check-in area and check swimmers in for all events. Circle the swimmer(s)' name(s) for each event they are swimming that day. Normally, the swimmers will do this on their way into the pool area. Forgetting to check-in could cause a swimmer to be scratched from that event. Some meets are pre-seeded and do not require check-in.

- Please check with the Parent Liaison or FAST coach as soon as you arrive for exact procedures.
5. Once checked-in, write each event number on the swimmer's hand. This helps him/ her remember what events they are swimming and to know when to be ready.
 6. Direct your swimmer(s) to the pool deck for warm-up. It is important for all swimmers to be at the warm-up. Entry into the pool during the warm-up is feet first only, except during sprint lane swimming.
 7. After warm-up is finished, the swimmer(s) will go back to the team area for any last important information from the coaches and to wait for their events.
 8. The FAST coaches will let the swimmers know how the meet will run and where all important information will be posted. The Parent Liaison will also know this.
 9. **PLEASE NOTE: According to USA Swimming rules, parents are not allowed on the pool deck unless they are serving in an official capacity.** All questions concerning meet results, disqualifications, etc. should be directed to the Parent Liaison or FAST coaches. They, in turn, will handle the situation in the proper manner.

DURING THE MEET:

1. If a Clerk-of-Course is present, they will gather the swimmers by event and line the swimmers up according to their proper heat and lane assignments. The Clerk-of- Course will then lead the swimmers out to the starting blocks for their event.
2. Meets that do not have a Clerk-of-Course will post heat and lane assignments on the pool deck. The swimmers need to know where these are posted. It is up to the swimmers to listen to the announcer to know when their event(s) are called to the blocks.
3. After each event, the swimmer should go directly to the FAST coaches to discuss the swim.
4. After talking with the coach, the swimmer should go warm-down (if an area is provided for this) or return to the FAST gathering area.
5. When a swimmer has completed all of his/her events, he/she should check with a FAST coach before leaving to make sure he/she is not included in a relay at the end of the meet. If you are unable to stay for relays, please let a FAST coach know prior to the start of the meet or at the time of meet entry.

