



Tips for Surviving Your First Swim Meet

Though the first swim meet might seem overwhelming, grab your supplies, plan for an exciting weekend, and settle in to cheer for the Sharks!

A few days before the meet, a list of your child's races will be emailed to you, or you can login to your account and review them under the Meet Info. Print, or write them down, and bring them with you to the meet.

What to bring:

- List of your child's races.
- Team uniform** - swimsuit, goggles, CST swim cap, team shirt
- Towels** - at least 2-3. Towels will get soaked fairly quickly, and swimmers don't always want to wrap up in a wet towel.
- Change of clothes & deck shoes (flip flops, etc), including sweatpants/sweatshirts for swimmers. They often have to sit for some time between races, and they WILL get cold.
- Folding Chairs - Space to find seating can often be a challenge at some pools. Plan to arrive early before warmups to have the best chance at claiming your spot.
- Sharpie marker to write your child's races on their arm, so they can easily see their upcoming events.
- Highlighter/pen to mark your swimmer's races in the heat sheet for your reference.
- Food & drinks. Most pools have concessions, but swimmers burn a lot of energy and need refueling with healthy snacks and drinks.
- Buy a Heat Sheet at the pool (usually \$5) so you know what heats / races your child is in.
- Meets last 3-4 hours, so if you're bringing younger siblings, bring something to occupy them and your swimmer (and even you) to help pass the time.

Sample from Heat Sheet:

Event 12 Mixed 8 & Under 50 Yard Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 4 Finals Starts at 10:32 AM					
1	_____				
2	Boenisch, Jillian J	W6	CST-OR	NT	_____
3	Hanowell, Presley Q	W7	BRSC-OR	NT	_____
4	Kelly, Athena R	W6	LSC-OR	NT	_____
5	_____				
6	_____				
Heat 2 of 4 Finals Starts at 10:33 AM					
1	Putnam, Katie J	W8	BRSC-OR	NT	_____
2	Sanchez, Semi M	W8	Heat-OR	1:08.20	_____
3	Morag, Leo A	M7	BRSC-OR	55.69	_____
4	Krake, Logan C	M7	Heat-OR	57.15	_____
5	Morag, Samantha A	W6	BRSC-OR	1:10.53	_____
6	Croco, Ellie M	W8	LSC-OR	NT	_____
Heat 3 of 4 Finals Starts at 10:35 AM					
1	Clarkson, Quinlan M	W8	BRSC-OR	51.24	_____
2	Roy, Anna M	W7	BRSC-OR	50.04	_____
3	Kalua, Nathaniel X	M8	Heat-OR	49.19	_____
4	Calvi, Gabby M	W7	Cascadia-OR	49.46	_____
5	Crenshaw, McKenzie A	W8	LSC-OR	50.06	_____
6	Miller, Madison A	W8	Heat-OR	52.85	_____
Heat 4 of 4 Finals Starts at 10:37 AM					
1	Norkitis, Annelise M	W8	CST-OR	46.90	_____
2	Cortes, Sam L	M6	LCSC-OR	42.82	_____
3	Rinehart, Jake K	M8	Cascadia-OR	37.16	_____
4	Byles, Stella L	W8	CST-OR	39.12	_____
5	Gerke, Kyla E	W8	CST-OR	45.04	_____
6	Ervin, Lindsay C	W6	Cascadia-OR	47.58	_____

← Event = 12

← Heat = 4

← Lane = 4

Write on swimmer's arm:

E	H	L	Desc
12	4	4	50 free
18	6	2	100 back
24	3	6	50 fly

E = Event

H = Heat

L = Lane

Desc = race

