SUMMER SWIM MEETS

Need to know info!

Swim meets will be every Wednesday evening. Our meet schedule can be found on our website. Here’s what you need to know:

1. Warm ups will begin at 5:00 PM (unless a coach has stated otherwise in an email)
	* Arrive ready to jump in AT 5:00 PM
	* Sometimes coaches will separate age groups by time. Again, please watch for communication from a coach!
2. Before the meet
	* You will know what events your swimmer will be swimming the Wednesday of the meet. You can view your swimmers events by logging into the website and looking under the meet.
	* It’s VERY VERY VERY helpful to the coaches (and your child’s nerves) to write down the events ahead of time on a piece of paper OR your child’s arm with a sharpie
	* Each event is given an EVENT NUMBER then a heat. For example: 25 FREE, event #2 heat #3. (See pic below)
	* When your child gets to the meet, prepare them for warm ups. Team cap, team suit, goggles and report to a coach
	* There will be HEAT SHEETS hanging somewhere around the pool. After you get your child settled and sent to warm ups, please find the heat sheet and record your swimmer’s event number and heat numbers. (This is why it is helpful to have their events written down ahead of time. If you have the name of the events written down, juts fill in event # and heat #)
3. During the meet
	* When your child’s event # is called, your child will report to the Clerk of the Course. The Clerk will line the kids up in their heats behind the block. All you have to do is make sure your kid makes it to the Clerk of the Course. Then find a good spot to watch the race! *Please don’t crowd the clerk of the course*….let the clerk line the kids up. If your little swimmer is having a hard time, do not hesitate to let a coach know. Once they’ve done it a few times they are normally fine ☺. Tears and nerves are expected esp in little ones in the beginning. Coaches are prepared to help!
	* In between events swimmers are encouraged to cheer for their team, sit with you and relax, eat and drink (healthy ☺) snacks/drinks, and have fun. Some kids like to bring cards or games. But don’t miss your event!
4. What to bring:
	* Cooler of drinks/snacks
	* Lawn chairs/blankets
	* Towels
	* Team cap, extra cap, extra goggles
	* Sharpies if you choose to write on your swimmer’s arm
	* Change for concessions
	* Hats, umbrellas, etc for shade
	* Books, cards, games for down time (but don’t miss your event!)