

What to bring to a Swim Meet (General List)

Folding Wagon

*Flip-flops

Tent/Cover/Sun canopy (Costco half-dome tents work well)

*Hat

Tent weights/mallet (when windy)

*Sunscreen

Folding chairs

*Small spray bottle for hot weather

Folding table - small

*Water bottle (!)

Cash for concessions (away meets)

*Wide toothed comb for wet hair

Micro heating gel packs in insulated bag

*Swim parka/jacket

Extra (warm) clothing to change into

*Spare underwear

*Hair ties/bands

*Warm socks

Towels (X5 or more depending on # of events & weather & # of kids)

Plastic bag for wet items

Sharpie/highlighter

* = Each child's responsibility

*Pack a swim bag: Swimsuit, back up black suit, two towels each kid, sharpie, highlighter, swim caps, two (or more) goggles, comb, brush, conditioner, warm clothing, books, games

Thermos of hot water for tea/cocoa, travel cups w/ lids

- Snacks: fruit, cheese sticks, crackers, fruit, nuts, energy bars, yogurt, orange slices, grapes, fruit bars, carrots, goldfish, Ritz bits with peanut butter, cheese sticks.

Write events on child's arm with a Sharpie

Event Number	E
Heat	H
Lane	L
Stroke (and for relays: position #)	S



Individual Medley/ Medley Relays

25m = 1 pool length, 50m = 2 pool lengths,

100m = 4 lengths

*Note: some relays aren't medley and are only freestyle

Individual medley "IM" is done by one person and is 100 meters with each 25 changing the stroke.

Order: Butterfly, Backstroke, Breaststroke, Freestyle

Medley Relay is done by four people and each person does one stroke of the whole relay. Each person will do their stroke for a 25 (for a 100m relay), 50 (200m relay), or 100 (400m relay)

Order: Backstroke, Breaststroke, Butterfly, Freestyle

*For younger kids who do the 100m relays, back stroke starts on the blocks, breast waits on the other end of the pool in the water, fly is on the blocks, free is on the other end of the pool.

Swim Team Packing List

Wagon	
Tent/Tent Weights/Mallet - it makes it so much easier if the tent pops up easily and quickly (half dome is what we have) but many people also share tents.	
Cooler w/snacks & beverages	
Thermos of hot water, tea, cocoa	
Folding chairs & Table (optional)	
Micro Heating pads/Bag to hold them/keep them warm	
Plastic bag for wet items	
Sharpie/highlighter	
Sleeping bag/Blankets (if cold)	
Towels (X5+) 1 warm up/1 for each, event each child (though they can be reused if needed)	
Sunscreen	
Card games/word puzzles, etc. for down time	
Cash \$\$ (Away meets, home meets you can set up an account)	
Extra caps/goggles/swimsuit	

Child's Packing List

Books/cards/travel games	
Cash for snacks (away meets)	
Comb/brush	
Extra (warm) clothing to change into.	
Flip flops	
Hair ties/bands	
Hat: ball cap or warm hat depending on weather	
Spare underwear	
Spray-in hair conditioner	
Sunscreen (apply before meet & reapply as needed)	
Swim caps	
Swim parkas	
Swimsuits (2 - one for warm-up/team suit for races)	
Two pairs of goggles (each child)	
Warm clothing: sweat pants, zip up hoodie, socks, (easy on, easy off items)	
Water bottle	
Wide toothed comb for wet hair	