

First Time at a Swim Meet?

Here’s what you can expect!

Check your email the night before the meet. You’ll be sent an email the evening before the meet that will include LOTS of needed information. It will tell you warm up times, location (if it’s an away meet) as well as any additional instructions. Attached to the email will also be the Heat Sheet for the meet. This is how you will know what events your child is swimming. *We highly recommend printing out a heat sheet for you and/or your swimmer to have with you at the meet.* The EVENT is the type of stroke (freestyle, breast stroke, butterfly or backstroke) and length (25m, 50m). The HEAT is the group of swimmers competing together. The LANE is the lane your swimmer will be swimming in that race.

Come prepared. It’s a good idea to make sure your swimmer has an extra pair of goggles, swim cap, towel, water, and healthy snacks. Sunscreen and an extra Sharpie marker are always good to have on hand as well. Many parents bring folding chairs.

Arrive at the meet on time. You’ll be sent an email the day before the meet that will include *warm up time*. Make sure you arrive in time for your swimmer to find their place and get their gear together so they can get a good warm up in before the meet starts. For our morning meets, there will be signs posted to designate where each age group sits. You’ll also need time to mark them if you haven’t done it before you arrive. It’s also a good idea to check to make sure there haven’t been any last-minute changes to the heat sheet, particularly in relays.

Mark your swimmer. If you’re unsure how to do this, feel free to just bring a permanent marker to the meet and ask a veteran parent to help you. Write your child’s swim ID number on their back left shoulder blade. Write his/her name and age on their right back shoulder blade. On his/her arm, write their events, heats, and lanes. For example:

 E 13 H4 L5 (This means Event 13, Heat 4, Lane 5)

 E20 H3 L7 (This means Event 20, Heat 3, Lane 7)

This will help you, your child, meet volunteers, and coaches know where your child needs to be and when.

\*\**SUNSCREEN REMOVES PERMANENT MARKER. So, it’s best to apply sunscreen at least 20-30 minutes before you mark your swimmer. If you mark them first and then apply, it will make the marker “run.” This is especially true for spray sunscreen.*

Enjoy watching your swimmer! Keep an eye on the whiteboard…it’ll tell you which event we are on so you can be on deck to watch when your swimmer is racing. We love cheering on our pirates!

Ribbons Rainbow ribbons are given at the meet to all kids who win their heat. Place ribbons will be distributed 2 days after the meet at practice.

*Questions: New Parent Coordinator Jenny Sessions (901) 832-2142 or jasmail@aol.com*