

Swim Meet Checklist



Whether it's your first swim meet or you're tenth, sometimes we all can use reminders on what we need to bring for the swimmers.

Two tips:

- Arrive early
- Encourage your swimmer to sit with the team

Swimmer's Bag

2 pairs of goggles
swim cap
2 towels
sweatshirt
sunblock
change/money for snacks
2 cold drinks/water
snacks
"cards/pokemon/coloring"



Families prepare in different ways for swim meets, but know this: you will likely be at the event for several hours. There is limited deck space so don't OVER pack, and be ready to buddy-up with new people to share tents, space and support.

Family Gear

patience
extra sunblock
charged cell phone
hat/sunglasses/sunblock
drinks/water/lunch
cash for concessions
chairs
activities for young kids
smiles
know your volunteer shift(s)

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Using a sharpie, write your swimmer's events numbers on his/her arm