



What to Bring to a Swim Meet

In general it is good to be prepared for an away meet for any weather and a long day hanging out together poolside. Most meets are divided into a “younger” session and an “older session”. Younger starts early (7:30AM and goes to Noon or longer). Older session will begin after younger session and go until 5-6PM in the evening. Often our meets will have a variety of weather. While it is sunny in our valley, it is usually cooler and moister as we head west. Be prepared to stay warm and dry at a meet for optimal performance. Bring items to keep you busy in between events and healthy snacks and drinks to stay hydrated and fueled. Good packing lists include but are not limited to:

1. Swimmers:

- a. Team Swim suits (2—one for back up)
- b. Team Caps (at least 2)
- c. Team shirts and warmups
- d. Goggles (2 pair)
- e. Towels (more than 1)
- f. Parka or coat
- g. Socks and shoes (keep feet warm and dry)
- h. Sun screen
- i. Water bottles
- j. Snacks
- k. Positive attitude
- l. Team spirit

2. Parents

- a. Chairs for sitting
- b. Pop-up tents (either your own or the team’s to set up Team Area at event)
- c. Piranha Team shirts
- d. Sharpie marker and highlighter (to write events on hands and highlight in program)
- e. Blankets or sleeping bags for under pop-up
- f. Snacks and drinks
- g. Be ready to time a session
- h. Cash for snack bar
- i. Cheering team spirit!