



### **Your First Swim Meet**

1. Arrive ON TIME. The coaches will let you know what time you need to arrive. This information will be available on the website as well as coaches emails.
2. Once you arrive, find the check-in desk for the meet (if there is a check-in.)
3. Find out where the rest of the team is sitting and make yourself comfortable. We encourage all swimmers to sit with the team in the team area. Teams tents will be available at most meets.
4. Check in with your group coach.
5. Swimmers should be ready to swim at the designated warm-up time for their group.
6. Following warmups, you should go to the team area to get ready for your races. Attend any team meetings if announced prior to the start of the meet.
7. Heats and lanes are typically posted at open meets. The posting will identify what heat and lane your swimmers will be in for each event.
8. Swimmers should warm-up for their race prior to the start of the race. Be sure to check how many heats are in the event prior to your event so you know when to get out of the warm-up pool.
9. After you finish swimming your race, swimmers should do their designated warm-down. find a coach to see how awesome you did and get feedback!
10. Following warm-down, be sure to check in with your coach for feedback and splits.
11. Once you are finished with all of your events, be sure to check with a coach. If relays are offered at the meet, confirm that you are not on a relay if leaving (prior to start of relays.)

### **Additional Info**

- Be sure to bring extra towels-better to have enough so you are not using a damp towel.
- Bring warm clothes and shoes to wear between races. Keep your body warm. Wear your SASO gear.
- Bring healthy drinks and food. Snack bars are typically available at meets-but may have limited options.
- Swimmers may want to bring a chair for the team area.
- Get to know your teammates. Cheer for your teammates. Be a great teammate. Have fun and enjoy your meet experience!!