

What Do I Do At a Swim Meet?

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For a lot of new swimmers and some experienced swimmers, going to a swim meet can be a nerve racking event. First of all...Relax. Swim meets are a fun learning experience. Being nervous at a meet is absolutely normal. Being in a new environment with new people can be a bit intimidating, but don't let it ruin your meet. It is very important that you are fully prepared for a swim meet. Having the essential tools will give you a peace of mind and allow you to concentrate more on your races. Below is a list of suggested items that will have you ready for your meet.

If you are a swimmer you should pack:

- Team suit
- Team cap
- Goggles (preferably 2 pair)
- 2-3 Towels
- Blanket or sleeping bag to sit on
- Healthy snacks
- Money for a heat sheet
- Clothes to wear over your wet suit (parka or sweat suit along with t-shirt and shorts) Facility temperatures vary with season.
- Highlighter pen, waterproof pen and fine line marker
- Something to do (book, headphones, etc.)
- Slip on shoes
- Sunscreen and hat (usually during the summer season)

If you are a parent you should have:

- Folding chair where allowed (depending on local fire codes)
- Something to do (book, magazine, etc.)
- Cash
- Layered clothing (facility temperatures vary and not necessarily with season)
- Willingness to time or fulfill other duties if relief workers are needed
- Food (light lunch or light snack)

Some Swim Meets DO's and DON'T's

- DO be on time (or early) for everything including stretching, meet warmups and team meetings
- DO report to the coach after and before each race
- DO warm-down after every race depending on the time on the period between each event. It is a good habit to warm-up before competition
- DO eat healthy food and snacks. Fruit, bagel and sports drinks make good between race snacks, In general, avoid items with a lot of fat, fiber and refined sugar
- DON'T become dehydrated. Drink plenty of water or other liquids (stay away from soda)