



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Northern Lights YMCA Swim Meet Check List

___ Swim suit x 2 (never know when you may have suit a malfunction!)

___ Swim cap x 2 (same as above!)

___ Goggles x 2 (you guessed it!)

___ Beach Towels / Towels at Least 2

___ Clothes to Keep Warm between Events*

*Sweatshirts, Sweatpants, Robe, T-shirts, Slippers, Flip Flops

___ Blanket / Chairs in Bag - A place for Parents / Swimmers to Sit

___ Lock for Locker

___ \$ for Concessions / Heat Sheets

___ Print Own Heat Sheet when Available from Coach

___ Clipboard –Some Parents Like to Keep Heat Sheets & Notes

___ Highlighter (to highlight child's events in heat sheet)

___ Permanent Marker to Write Swimmer's Events on Arm / Leg

___ Entertainment for Swimmers Between Events

Cards, small games, DS/ iPod

___ Entertainment for Parents Between Events - Magazines, Books, etc

___ Easily Digestible & Healthy Snack Food and Water

___ Clothes for After Swim Meet

___ Toiletries for Showering After Meet

___ Change of Clothes For Parents and Other Fans to Watch Meets

It can get very warm in the stands or pool areas.