

WHAT TO BRING TO A SWIM MEET

Swimmers: Swim bag, goggles, towels, water bottle, suit, swim caps, deck shoes (flip-flops), sleeping bag, extra goggles, pillow, misc items for in-between events (books, cards, yoyo's, homework, etc.) swimmers may also bring a cooler of healthy snacks and sport drinks. Bring warm clothes such as sweat pants and sweat shirts for after your swim, even though it is humid in the pool building you will still feel cold.

Parents: Bring your swimmer (of course), money for heat sheets, snacks, lawn chairs, extra towels, highlighter (for heat sheets), black permanent marker, camera, book or magazine or anything else you can think of to pass the time in-between the events.

Short-Course Meets: These are held in the fall through spring and the weather is usually cold and wet or snowy. However, swim meets are held indoors and the pool area is usually warm and humid. Dress accordingly by wearing layers. You will be very hot and uncomfortable at a meet dressed for the cold outside, so keep this in mind when packing.

Long-Course Meets: These are held in the summer and are mostly at outdoor pools. You will need umbrellas (for shade and rain) and sunscreen as well as lawn chairs and blankets or sleeping bags. Make sure to pack cool and warm weather clothes, at outdoor meets you never know how the weather will be. Bring a cooler with clear fluids-water or Gatorade- NOT POP. Outdoor meets are at the mercy of the weather. Meets will usually continue if there is rain, but once there is lightning then we follow the 30 minute rule which means that the pool is cleared for 30 minutes from the time lightning is seen and the meet will not restart until it is all clear. The 30 minute wait is restarted each time lightning is seen. Some meets will be canceled due to the weather.

DURING THE MEET

- When a swimmer's event number is called, swimmers are required to check in with the clerk of the course. If the meet is pre-seeded (which many of our meets will be) there may not be a clerk of the course, in this case swimmers are to report to their lane as assigned on the heat sheet. At this time swimmers will be waiting for their turn so be ready to watch. Swimmers need to check with the timer of their lane to make sure they are in the right lane and heat. (This is a good habit to get started)
- When swimmers are done with their heat they should go directly to the coach for evaluation of their swim.
- If your swimmer gets disqualified (DQ'd) the stroke and turn judge and the coach may speak with them after the race. Disqualification is not a big deal it is a learning experience. If a swimmer is DQ'd they will not receive a time for that race. At no time is a parent allowed to confront a stroke and turn judge regarding a disqualification. DQ can also mean the child gets to stop at Dairy Queen on the way home for trying an event they have never done before.
- Parents may speak to the coach after the meet or in between sessions, do not interrupt the coach during a race.
- Be a positive cheering section for your swimmer. There is nothing better than hearing cheers of encouragement while swimming a race.
- After the meet, make sure your swimmer has everything they arrived with. Many suits, swim caps, goggles, etc. get lost at meets. Double check to make sure you haven't forgotten anything.