

Having a Great Swim Meet - Helpful Hints

What to bring:

1. Bathing suit (good idea to keep an extra one in your swim bag)
2. Cap and goggles
3. 2-3 towels
4. Flip Flops
5. Water bottle
6. Sharpie or pen to write down your events
7. Warm clothes
8. Healthy Snacks (bananas, oranges, fruit or granola bars)
9. Shower accessories (if you want to shower after your last swim)
10. A positive attitude
11. Your cheering voice and team spirit!

What to do when you arrive (you should arrive 15 minutes before warm up starts):

- **Check in with the coaches.** (Not just to say hi, but make sure that your name is checked on the list so we know that you are there!)
- Get changed into your swimsuit if you have not already
- Check to see what events you will be swimming (event will be posted on the wall)
- Write down (on paper, your hand or your arm) the event numbers and what the event is your swimming (ex. #1 25 free, #13 50 breast, #56 100 back, etc.)
- Warm up at the warm up time and listen to what the coaches tell you. It tends to be crowded just be patient and ready to get in the water
- Dry off, stay warm, hydrated and nourished!!
- Watch the bullpen area, if they are on event 1, the flags will read (#1, #10) If you are between those events you should be lined up in the bullpen. Continue to watch what race # is swimming and as soon as you see your number on the right side, head up to the bullpen (*some meet locations use cards, you must get your index card from the parent volunteer who has them prior to getting in line in the bullpen*)
- Follow directions from the bullpen volunteers, get in your lane and get ready to swim (goggles on before you stand on the blocks)!!
- Race hard, and have fun!!