

Meet Information for New Parents

How long does a meet last?

If it is an invitation on a Saturday, plan on being there all morning and into the early afternoon.

If it is a dual meet (usually the meets throughout the week), plan on being there 2 to 3 hours.

What will I need to bring?

You will need:

- If it is a **home meet**, bring a 2 liter of soda and a couple bags of fruit, vegetables, and/or cheese for concessions (examples: carrot sticks, cheese sticks, grapes, etc.)
 - These items are needed at each home meet.
- chairs
- a blanket to put on the ground
- healthy food and drink (There will be concessions, but if you would like to save some money, bring your own snacks and beverages.)
- entertainment for the kids
- entertainment for you (There are big waiting times between races.)
- a permanent marker to write your child's races on his/her hands
- sunscreen

The swimmer will need:

- 2 pairs of goggles (One might break or get lost.)
- 2 towels
- 2 swim suits or jammers (see goggles)
- 2 swim caps (see goggles)

What should I expect?

When you arrive, you will set your chairs and belongings up in our team section. Before the meet starts, a team parent will hand out cards to all the swimmers. These cards have your child's races on them. After you receive all of your child's cards, write the race number, the stroke, the heat number, and the lane number on his/her hand. This will help them remember where they should go. Also, you will want to check with the meet organizer to verify your job for the meet.

Once the meet begins, you will want to listen carefully to the announcer. They will call your child's race to meet in the bullpen. The bullpen is where the swimmers are organized into heats and lanes to get ready for the race. After you drop your child off at the bullpen, you will want to find a place around the pool to wait to watch your child swim. There will be an announcer at the pool also, so you will be able to listen for your child's event and heat. After your child swims his/her race, remind them to go and speak with the coaches for any feedback. Then you wait to start the whole process over again. ☺