

Circle C Seals - Swim Meets 101 - A Parent's Guide for the first Swim Meet!

What to Bring?

- Team swimsuit, cap, goggles (an extra pair of goggles is a good idea!), team tshirt, towel, and sunscreen. Make sure all items are well labeled with your child's name.
- Plenty of snacks and drinks to keep your swimmer hydrated and energized. (Circle C Café also sells food & drink during the meet).
- Games for your child for time in between meets. (travel games, books, ds etc)
- Folding camp chairs to sit on, and a canopy for shade if you have one.
- Event reports/heat sheets printed from the website, and a black sharpie marker for marking up your child

Upon Arrival

- Be on Time! Warm-ups begin well before the meet start time.
- Swimmers report to age group area and are checked in by age group parent(s).
- Ensure your swimmer has sunscreen on and is marked up with his/her event information. (Age group parents can help new swimmer parents with marking up their swimmer).

Marking up your Swimmer

- Find your child's race information on the Event Reports/Heat Sheets.

Name	Team	Age	Event	Event	Event	Event	Event
J. SMITH	CCSEALS	9	11 2/5	19 3/8	33 2/8	41 2/6	47 3/8

- Label your swimmers with a black sharpie with their race details. On their back, mark their name 'J. SMITH'. On their forearm, mark their event information:

E	H	L	S
11	2	5	IM
19	3	8	FREE 3
33	2	8	BA 2
41	2	6	BR
47	3	8	FLY

(E = event, H = heat, L = lane, S = Stroke). For relays, add a column for position on team, ie. 1,2,3,4