

## WHAT TO TAKE AND DO AT A SWIM MEET

This document contains a great deal of important reminders and useful information – especially if you are new to the swim team. It's lengthy but worth your attention.

**IMPORTANT!!** Please be sure to e-mail, text or call your Team Coordinator if your swimmer is sick on Friday night or Saturday morning or for any other emergency that will prevent you from attending the meet so that we can adjust our meet entries. The sooner we know of an absence, the easier it is for your coach to make any necessary adjustments.

[CLICK HERE FOR TEAM COORDINATOR CONTACT INFORMATION](#)

### WHAT TO DO THE NIGHT BEFORE A MEET

- **Label everything!** Team shirts, caps, goggles, bags, towels, etc. Everything looks the same in the tent, and they're all the same size.
- **Pack up your swimmer's bag and your car.** Do not leave your packing for the morning! You will likely be very tired and might forget something.
- **Print heat sheets if you'd like.** Heat sheets can be found on Swimtopia.
- **Have your swimmer eat a healthy dinner and get some sleep!**

### WHAT TO BRING TO THE MEET

- **Your child** in their Stars team suit and cap and preferably with sunscreen already applied. If you wait to apply sunscreen until after you've arrived at the meet, do it *after they've been body marked with their swim events*. If you don't know what that means, the tent parents will write your child's swim events on their upper arm with black marker. If you apply sunscreen right before they are marked, it will smear badly. If you apply sunscreen after they've been marked, take care to not spread the sunscreen over the marker and smear it. The event markings are very important for swimmer identification, especially for the younger swimmers.
- **Goggles & Team Cap.** These are the number one and two items that are forgotten and can cause a lot of stress, especially for a new swimmer. Please label them! If you forget yours, our apparel team will be on hand for you to purchase a replacement.
- **Towels.** Bring two - one for your swimmer to sit on in the tent and one to dry off with. Again, label with your child's name.
- **Chairs.** You will need your own chair to sit on. If you bring a chair for your child to sit on in the tent, please make sure it is a small child-size chair! There is not enough room in the tents for a bunch of big chairs.
- **Toys/Games.** There is a lot of down time between events, so please pack your swimmer a game or toy. Many swimmers will bring their handheld gaming/music devices. We recommend only one or two games as they tend to get lost very easily! Please do not bring balls, frisbees or other 'active' toys as we really need the kids to stay in the tents.
- **Snacks.** While we definitely encourage everyone to visit the opposing team's concession stand, we also recommend packing healthy snacks for your swimmer to munch on. Fruit, granola bars, pretzels, and non-soda drinks are perfect. Please remember that almost every age group has at least one swimmer with a nut allergy, and snacks that contain nuts will not be allowed in those tents.
- **Bag.** Please pack your swimmer's snacks, games/toys, clothes, towels, etc. in their own bag that you will leave with them in the tent. Swimmers will need to stay in their tents and will not

be able to run around trying to find mom and dad in order to get a snack or their towel. The Tent Parents are responsible for getting your swimmer to their race on time, and wandering children makes that job extremely difficult. If your child wants to go to the concession stand, you will need to take them after you let the Tent Parent know that they are leaving. Tent Parents of the younger swimmers (6 & Under and 7/8) will take the swimmers to the restroom in groups.

- **Heat Sheets.** If you've chosen to print them out.

### **WHEN YOU ARRIVE/BEFORE THE MEET STARTS**

- **Parking.** It fills up quickly! Plan extra time for finding parking and walking to the pool. PLEASE always exercise caution as it will be dark when we arrive, and little ones tend to not be visible among the cars.
- **Check in your swimmer and yourself (if you are volunteering) no later than the scheduled check-in time.** All volunteers should wear their name tags and lanyards. These can be picked up when checking in with the Volunteer Coordinators.
- **Warm Ups.** Our team's warm ups are about 20-25 minutes after the scheduled check-in time (check-in time varies per meet). This is why on-time swimmer check-in is important: so that all swimmers will be body-marked and ready to warm up when it's their turn. Coaches and Tent Parents will escort the swimmers to the pool – please stay back and allow your swimmer to walk to the deck with their age group.
- **Volunteer Assignment Meetings.** Please listen to the Announcer for pre-meet meetings that will take place for certain volunteers. All 'on deck' positions will have a pre-meet meeting, and all first- and second-half Judges, Lane Timers and Ready Bench will need to attend their meeting.

### **THE MEET!**

- We will have a 'half-time/shift change' after event #46. If we have time, we will have a Parents vs. Coaches relay.
- There will be a Heat Ribbon given to the winner of each heat. The heat ribbon is given to the swimmer/relay team who touches the wall first regardless of any other factors such as disqualification or overall time. It is rewarded purely on who touches the wall first - plain and simple!
- Place Ribbons are awarded to the top eight swimmers with the fastest time across an entire event. The same is true for the top three finishers in relay events. In addition, any swimmer who improves his/her time in a given event will receive a Time Improvement Ribbon. All of these ribbons will be placed in your family folder and can be picked up at your next regular practice.
- Most of the 6 & Under swimmers will be finished with their events at shift change after event #46. They are free to leave the meet once they are done swimming. Please be sure to check them out with their Tent Parent before leaving with them!! If you are staying at the meet for an older child, please keep your 6&U swimmer with you as the Tent Parents are relieved of duty after the last 6&U event.
- In the event that there are any controversies at the meet or you need to report an infraction by a Judge, Lane Timer or other official, DO NOT approach that individual yourself. All issues need to be brought to the attention of the Meet Director (the Meet Director varies by meet).

### **POST-MEET**

- Please remember to clean up after yourselves and your swimmers! Help out by picking up trash, even if it's not yours. We need to be sure that we leave the grounds in the same or better shape than how we found it.
- Be sure to check your family folder at the next practice for your swimmer's ribbons!