



Guide for MPMR Swim Families: “What to Expect at Your First Swim Meet?”

Swim meets are a great opportunity for your swimmers to measure their growth and progress in the program while getting to spend time with the family as well as with other friends. Below are some guidelines geared to help you through your first couple of swim meets.

What to Bring to the Swim Meet

1. **MPMR** swimsuit with current team sponsor (Arena), **MPMR** swim cap, goggles and flip-flops or non-slip shoes. Having warm boots or UGG-style shoes are necessary in the wintertime. Having an extra suit, cap, and pair of goggles packed is always a great idea. These items seem to rip and break at the most important times!
2. Towels – Bring one towel for each of your events being swam that day, in most cases that will be THREE.
3. Chair & Blankets – Comfortable camping chairs are necessary so your swimmer saves their energy by sitting vs. walking around the deck all day. Bring a blanket so naps are also possible.
4. Several changes of clothes such as sweatpants, sweatshirts, t-shirts, and shorts. Swimmers need to stay warm between events and there is nothing worse than pulling on cold, soggy sweatpants. These should mostly consist of **MPMR** attire.
5. Entertainment for the whole family such as travel games, cards, books, iPads, etc., especially, if you are bringing youngsters who are not

swimming. Parents often bring newspapers, books, or anything to pass the time. Please be sure to have the swimmers give their electronic items to their guardian if they are about to swim.

6. A camp cooler of healthy snacks and drink is **NECESSARY**. Avoid buying junk food and cup noodles at the snack bar and bring your own fuel for the swimmers. Ex: Water, pasta salad, light sandwiches, fruits/veggies, dried fruit, peanut butter, beef jerky, crackers w/ topping, honey, etc.
ABSOLUTELY NO CANDY
7. Sharpie marker, pen, highlighter. This will be necessary for writing down heat/lanes and taking notes.

Before the Meet Starts

1. **Arrive at the pool at least 15-20 minutes BEFORE the scheduled warm-up time begins. Please allow extra time to find parking, usually the parking will be competitive and may spill out onto the public streets.**
2. Warm-up times will be on the meet flyer, which you can find in our Team Unify website. Often coaches announce or post exact warm-up times a couple of days before a meet as well. Make sure to **confirm** this time with your coach. We will email this information the week of the swim meet.
3. **Find a place to put your swimmer's "things."** The team usually sits together under the team canopies so look for some familiar faces, and then set up "camp". It is necessary that your swimmer sits under the MPMR canopy and has the opportunity to bond with their teammates. This includes checking event postings with their teammates and having a home base is necessary for the security of our swimmers at the swim meets in case we ever need to find them quickly for events or relays.
4. **Locate the timing sheet and sign in.** Swim parents are required to volunteer as timers at the swim meets. Timing will usually be at least 15 minutes, but it can last longer. Time slots are pre-assigned, and if you want to switch, it will be your responsibility to ask the other parent. Please arrive 2-3 minutes prior to your assigned time behind the team's timing chair. **Help your swimmer find the MPMR coaches.** Look for coaches on deck or sometimes under the team canopies and let them know you are

at the meet.

5. **Find the “check-in” table at the meet.** Usually, a volunteer from the hosting team will highlight the swimmer's name and events they will be swimming that day. ***If the swimmer does not check-in, the swimmer will not be allowed to swim their events.*** Check-in is required so that the people running the meet know who is at the meet. After check-in, the meet administrators will "seed" all the swimmers accordingly to their swim times so swimmers will be in heats with other swimmers of their entered times.
6. **Heat and lane assignments** are usually posted on a wall somewhere on the deck, so locate it as soon as you arrive at the meet. This is where you will find what heat and lane your swimmer is in for each event.
7. **Write the event/heat/lane information on your arm.** Mark event information on their arm before warmups. Write each event number, heat, and lane on your swimmer's arm in “permanent” (i.e., waterproof) marker, like a Sharpie. This helps your swimmer remember what events he or she is swimming, what event number to listen for, and what lane to be lined up behind.

E	H	L	
10	4	8	50 FR
26	3	2	100 BK
34	2	5	50 FLY

E = Event #

H = Heat #

L = Lane #