

## Swim Meet - Jamboree Info & Tips

1. **Arrive early.** Your coach will usually want your swimmer to be on deck, suited up and ready to swim at least 15 minutes before the scheduled start of warm up. Arriving well before this with time to spare will help your swimmer to feel calm while finding the change room, getting changed, and finding his or her coach. Also, some pools have really limited deck space for seating, so getting there early pays off.
2. **Dress in layers.** Most pools are hot, but some are surprisingly well ventilated. Bring very clean sandals to wear if you don't want to go barefoot. Your swimmer will need something warm to wear between races, like a hoodie and sweatpants.
3. **Buy a heat sheet.** The heat sheet tells you the order of races and which heat and lane your swimmer will be in. It also helps parents keep track of the progress of the meet, and gives you something to do while you wait for your kid to swim. They usually cost \$2-\$5, cash only, change is appreciated.
4. **Bring a Sharpie and a pen, pencil or highlighter.** You will use the heat sheets to find your swimmer's races, and then use a Sharpie to write this information on your swimmer's arm. This helps your swimmer get to the right place at the right time. Other parents will help you. It looks something like this:

E	H	L	
1	2	6	100 Free
3	1	7	50 Back
7	1	3	100 IM

E= event

H= heat

L= lane

### Things to bring:

- Money for heat sheets
- Snacks for your swimmer and yourself
- Water for yourself and your swimmer
- A Sharpie, highlighter and a pen/pencil
- An extra towel and something warm & dry for your swimmer to wear home, as whatever they wore between races will be soaking wet.
- A lawn chair. Some pools have bleachers for parents, some don't. Put a lawn chair in your car just in case.

**Have Fun!! Welcome to the world of swim meets!**