

Swim Meet FAQ



What is the team uniform?

- During swim meets, our team wears a **black racing suit, our team's white NJST swim cap, and a NJST T-shirt**
- T-shirt color is shared the week of the meet – it varies for 1-2 day meets and reverse alphabetical order for 3 day meets, Friday White, Saturday Gray, Sunday Black
- Racing suits are made by Speedo, Arena, Tyr and others – those are the most common brands
- You can purchase a racing suit at MI Sports (Denver and Loveland locations, as well as online)
- MI Sports has suits to try on and they can help find the right fit for your swimmer
- SwimOutlet.com is also a common website to order swimming supplies
- Race suits are typically 1-2 sizes smaller than a swimmer's regular practice suit – this is to help with drag
- Race suits are usually thinner so typically not worn during practice with daily use as they could break down faster
- Please note that "Tech racing suits" are not allowed for swimmers 12 years old and younger
- Male swimmers may wear shorter or longer leg length suits for meets

What should swimmers bring to the meet?

- 1-2 towels
- Healthy snack
- Water
- Extra cap and goggles
- Optional – blanket or chair to sit on if allowed at the pool site

Typical timeline



TIP: Most meets you can track on MeetMobile, where you'll see events, heats and unofficial results in near-real time

Time before meet start

Action

30 days

1

Sign up (declare/commit)

7-10 days

2

See what events you'll be swimming (click on the event > name > approved)

2-3 days

3

Find event timeline, psych sheets, and heat sheets on meet page

Night before

4

Healthy meal, good hydration and a good night's sleep

Day of

5

Healthy meal and good hydration

60 – 90 minutes

6

Warm up – directed by coaches (arrive at pool 20 minutes before warm up start time)

MEET START

7

If you're in the first event, be behind the starting blocks, ready for the race

During meet

8

Track events by looking at the scoreboard to see what number event and what heat is currently in the water

IMPORTANT NOTE:

Events are numbered (usually odd for female events and even for male events). Some meets events are "mixed" girls & boys and those meets run in numerical order. Sometimes a number is skipped, for example starting the meet with event #5, or going from event #1 to #7. It's important to consult the meet information, timeline or heat sheets to identify if event numbers may be skipped.

Swim Meet important info



- Check out this video for swimmers [LINK](#), and this [LINK](#) for parents.
- Swimmers sit together at the meet. Swimmers are welcome to visit parents and family, however sit with the team throughout the meet.
- Swimmers should check in with their coach prior to and after races for advice and feedback.
- Advise your swimmer to check with the lane timer to ensure they are in the right lane and heat. Timers have a clipboard and sheets with each swimmer's name.
- At many pools, parents are not allowed on deck. Advise your swimmer to proactively ask the coach if they have any questions.
- Swimmers often write their events, heat, lane and stroke on their arm, leg or foot.

For example:

E	H	L	S
#5	3	5	50 Free
#9	13	2	100 IM
#15	6	7	200 Fly

- Swim meets are typically 1 to 3 days. Swimmers typically swim 3-4 individual and 1-2 relays each day. On single day meets, swimmers may swim 7-9 times that day.
- Different age groups typically swim at different times. For example, 14&U swim in the morning and 15+ swim in the afternoon or evening