



SWIM MEET CHECKLIST

- 🏊 Swim bag (No equipment- fins, paddles or boards)
- 🏊 Swimsuit
- 🏊 Goggles and extra goggles in case they break or get lost
- 🏊 Team Swim cap and always have an extra
- 🏊 Extra towels - they don't always dry
- 🏊 Sunscreen/Chap stick
- 🏊 Warm clothes - swimmers are cold even in the summer when they are wet
- 🏊 Black sharpie - to write events on swimmers' arm or hand
- 🏊 Highlighter - to highlight events in the heat sheet
- 🏊 Money - for the entry fee, concessions stand and grill
- 🏊 Water - lots to stay hydrated and Gatorade for electrolytes
- 🏊 Blanket or sleeping bag - to sit in between races. Robes are also helpful
- 🏊 Food Cooler - healthy snacks from home are a good idea (String cheese, bagels, fruit, granola bars)
- 🏊 Chairs - for parents to sit on
- 🏊 Games & Books - bring music, cards, books, etc. for relaxation and enjoyment
- 🏊 Kids should come in with their suits on and wearing their **BRST Shirts!**
- 🏊 **No** sun shirts, no two-piece suit for girls
- 🏊 Warm ups and Coach Check In - as soon as you arrive at the pool, check-in with your coach to let them know you are there.
- 🏊 Please arrive **15 minutes** before warm up begins. This will give you time to set up your area and check in with your coach.
- 🏊 See your coach before and after every race. They want to give you pointers before you swim, and talk to you about your race after your swim.
- 🏊 Swim meets can be long. This is a fun time for all the swimmers to get to know each other as well as the parents. We go to swim meets for competition, and most importantly for **fun!**