



Swim Meet Checklist and Guidelines

For Swimmers & Families | Pine Crest Swimming

SECTION 1: PRE-MEET PREPARATION

(To be completed the day before and morning of the meet)

A. What to Pack (for Swimmers):

1. **Racing Suit(s)**
 - Primary team suit or tech suit (if applicable for age and meet level)
 - Backup suit in case of tear or malfunction
2. **Goggles (at least two pairs)**
 - One broken-in pair (your primary goggles)
 - One backup pair (just in case)
3. **Team Caps (at least two)**
 - Silicone or latex
 - Always bring extras—caps rip frequently
4. **Towels (minimum of two)**
 - One for drying off between events
 - One spare in case the first becomes soaked
5. **Team Apparel**
 - Team shirt, hoodie, warmups, or parka
 - Something dry and warm to wear between races
6. **Footwear**
 - Flip flops, Crocs, or deck shoes (dry and non-slip)
7. **Hydration**
 - Bring at least two full water bottles or electrolyte drinks
 - Label them clearly with the swimmer's name
8. **Snacks and Food**
 - Healthy, light snacks: granola bars, fruit, crackers, bagels, trail mix
 - Avoid high sugar or greasy foods before and during races
9. **Entertainment (Optional but recommended)**
 - Book, journal, cards, etc. (Avoid excessive screen time before racing)
10. **Sharpie Marker**
 - To write event/heat/lane on the swimmer's hand or arm

11. Heat Sheet/Meet Mobile App (if available)

- Know your events, heats, and estimated timelines
- Most meets publish psych sheets or timelines in advance

12. Other Essentials

- Hairbrush or comb
 - Feminine products (if needed)
 - Any medications or inhalers (must be managed per USA Swimming guidelines)
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B. Nutrition (1-2 days before):

- Hydrate regularly (water, 100% juice, or sports drinks in moderation)
 - Eat balanced meals with:
 1. Complex carbohydrates (whole grains, fruits, vegetables)
 2. Lean protein (chicken, fish, beans, eggs)
 3. Healthy fats (avocados, nuts, seeds)
 - Avoid junk food (soda, candy, fried or greasy foods)
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C. Swimmer Expectations – Night Before and Morning Of:

- **Get adequate rest** – aim for 8–10 hours of sleep.
 - **Wake up early enough** to eat a light breakfast (oatmeal, toast, banana, etc.) at least 1–2 hours before warm-up.
 - **Arrive at the pool no later than 15–20 minutes before the scheduled warm-up.**
 - **Wear your team apparel to the meet to represent Pine Crest and build unity.**
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SECTION 2: DURING THE MEET

A. Swimmer Guidelines:

- 1. Check-In (if required):**
 - Many meets require positive check-in. Know the process and deadline.
- 2. Know Your Events:**
 - Review the order of events and write your **event number, heat, and lane** on your hand or arm for quick reference.
 - Do not rely on others to remind you — take ownership.
- 3. Warm-Up:**
 - Arrive on time for team warm-up.
 - Follow your coach's directions for pool warm-up.
 - Use this time to loosen up, get mentally focused, and adjust to the pool.

4. **Stay Warm and Dry Between Events:**

- Keep your body warm between races with dry clothes, parkas, and towels.
- Avoid sitting in wet suits or towels for long periods.

5. **Hydration and Nutrition (During the meet):**

- Choose a mix of the following to stay fueled throughout the meet:
 1. Carbohydrates (for quick energy):
 2. Whole grain crackers
 3. Granola bars
 4. Pretzels
 5. Fresh fruit (bananas, apples, grapes)
 6. Dried fruit (raisins, mango, etc.)
 7. Protein (for recovery and fullness):
 8. Nut butter sandwich
 9. Cheese sticks
 10. Greek yogurt
 11. Hard-boiled eggs
 12. Protein bar (low in added sugar)
 13. Keep food in a cooler or insulated bag if needed
- Hydration:
 1. Water bottle (refill and sip all day)
 2. Sports drink (optional for long or hot meets)
- Avoid:
 1. Candy, soda, and sugary treats
 2. Greasy or fried foods
 3. Energy drinks or caffeine

6. **Race Protocol:**

- Report to your event behind the blocks **at least 2–3 heats before your race**.
- Check in with your coach **before and after every race** for feedback and instruction.
- Focus on **effort and execution**, not just time or placement.
- Warm down appropriately after EVERY race.

7. **Team Conduct and Sportsmanship:**

- Cheer for your teammates and support others.
- Be respectful to coaches, officials, timers, and competitors.
- No negative talk about performances — keep it positive and focused on learning.

8. **No Distractions:**

- Minimize use of phones or headphones. Use time between events to stretch, stay warm, review races, and mentally prepare.
 - If electronics are allowed, use responsibly and stay focused on performance.
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B. Parent Expectations:

1. **Arrive Early:**
 - Arrive with plenty of time for check-in, warm-up, and parking (especially at busy venues).
 2. **Supportive Presence:**
 - Be present, but not overbearing. Avoid coaching from the stands.
 - Let coaches handle technical feedback.
 3. **Provide Nutrition and Comfort:**
 - Ensure your swimmer has healthy snacks and water.
 - Help them stay warm and comfortable between races.
 4. **Be Flexible and Patient:**
 - Meets often run long. Prepare for delays, weather changes (outdoor meets), and slow transitions.
 5. **Celebrate Effort and Improvement:**
 - Focus on personal bests, improved skills, and good sportsmanship — not just medals or placements.
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SECTION 3: POST-MEET CHECKLIST

A. Swimmer Responsibilities:

1. **Warm-Down:**
 - Use the warm-down pool to flush out lactic acid and reduce soreness.
 - Minimum 200–400 yards of easy swimming.
 2. **Coach Debrief:**
 - After your final race, check in with your coach for final feedback.
 - Review goals and take notes (mentally or in a training log).
 3. **Recovery and Nutrition:**
 - Eat a meal or recovery snack within 30–60 minutes after the last race
 - Include both carbohydrates and protein:
 1. Examples: chocolate milk, turkey sandwich, fruit smoothie, protein shake
 - Continue hydrating throughout the evening
 - Eat a full dinner with lean protein, carbs, and vegetables
 - Rehydrate throughout the rest of the day.
 - Stretch or do recovery work if needed (foam rolling, light walk, etc.).
 4. **Reflect on Your Performance:**
 - Identify what went well and what can be improved.
 - Set small goals for the next practice or meet.
 - Stay positive — every race is a learning opportunity.
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B. Parent Responsibilities:

1. **Manage Gear:**
 - Make sure suits, towels, and gear are washed and dried.
 - Do **not** put tech suits in the dryer — hang dry only.
 2. **Follow-Up on Results:**
 - Results are typically available on Meet Mobile or via the host team's website.
 - Review times with your swimmer only when appropriate and constructive.
 3. **Keep the Long-Term Picture in Mind:**
 - Not every meet will be a best time meet — progress isn't always linear.
 - Encourage your swimmer to stay committed and process-oriented.
 4. **Check for Upcoming Events:**
 - Review team calendar for the next practice, meet, or team event.
 - Ensure meet entries are submitted and deadlines are met.
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Final Notes:

- Swim meets are an opportunity to test your training, grow as an athlete, and learn to compete with focus and character.
- Success is built on preparation, effort, and attitude — not just results.
- We are proud of every swimmer who shows up, gives their best, and supports their teammates.
- Go Panthers!