

Meet 101



What to pack

It's important to be prepared on swim meet day. Make sure to pack an extra pair of goggles, a towel, and a bathing suit. Investing in a swim parka is a great option during the winter months. Bring a healthy snack and water bottle.

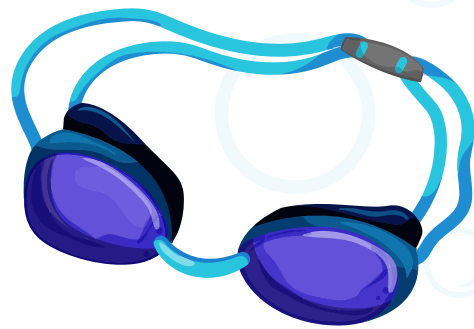


Races/Heat sheets

Use the meets heat sheet to write your swimmer's races on their arm. Use a sharpie to make the 3 columns above. E (Event) H (Heat) and L (Lane). Make sure to note each race length and stroke. IM races are Butterfly/Back/Breast/Free (always in that order) Other JETS parents at the meet are happy to help you figure out the heat sheet if needed so make sure to ask. That's what we are there for!

Day of tips - Parents

Aquatic centers are very warm/humid. Dress in layers. You will be sitting for multiple hours so a stadium cushion is always a good idea. Some pools will allow for camping chairs so keeping one in your trunk is smart. Many pools have concessions so consider having cash on hand to give to your swimmer. Make sure to wear JETS merch and team colors! If you see another JETS family, encourage them to sit with you as we cheer on our team.



Friendly reminders

Swimmers should watch the meet board so they are prepared to be at the blocks a few events before their race. We also want our kids to cheer on their teammates during their races! This is an important part of our team culture.

Interested in live results? Download the app MEET MOBILE and set alerts for your swimmer. There is a small fee to use this app but it is very helpful!