

Swim Meet Checklist

What to pack:

-  2 dry towels
-  Extra caps & goggles
-  Water bottle
-  Swim suit (or 2)
-  Lunchbox w/ snacks
-  Sharpie

Heat Sheet:

E = Event

H = Heat

L = Lane



Please check the heat sheet for your swimmer(s)'s events & write them down where they can see them (hand, paper, etc)

Expectations

Swimmers are encouraged to stay until the end of their session to support and cheer on their teammates as the schedule allows

Swimmers will arrive 10-15 minutes before warm up time to check in with a coach and get ready to get in the pool

Swimmers will talk with a coach after each race for feedback

Swimmers will let a coach know if they need to leave the pool deck or meet for any reason

Swimmers will not be on their phones on the pool deck unless needing to contact a parent