

Parent & Athlete Checklist for Swim Meets

- ✓ Swimsuit
- ✓ Cap
- ✓ Goggles (an extra pair is a good idea)
- ✓ Flip flops/Slides/Crocs
- ✓ Towel
- ✓ Sweatshirt/jacket to wear on deck
- ✓ Pen to write down times if you like to keep track and not use Meet Mobile
- ✓ Highlighter for those who want to mark events on heat sheet
- ✓ Smartphone/Camera
- ✓ Cash for admission, concession, vendors, and heat sheets
- ✓ Snacks
- ✓ Water bottle
- ✓ Entertainment (games, books, music, etc.) because there may be a long wait between events.

**Remember it is always hot and humid in the pool area, so please dress accordingly.