



Swim Meet 101

What to Bring

Swimmers – In addition to your Atlantis swim cap and team (or solid black or red suit), bring:

- Several towels
- Extra goggles (racing goggles should be snug; dark-tinted for outdoor pools)
- Warm clothing for deck time
- Water bottle and nut-free snacks
- Books, cards, or small games for downtime
- Positive attitude and focus!

Parents – Meet other swim parents and enjoy the experience! Consider bringing:

- Stadium seat or cushion
- Cash for admission (\$5-\$7/person/session) and heat sheets (\$1-\$3)
- Snacks or money for concessions
- Book or hobby materials
- Camera/video (no flash)
- Layered clothing (pools can be hot)
- Printouts of swimmer times and goal cuts
- Pens/highlighters for heat sheets
- Positive, encouraging attitude

At the Meet

- **Know your events and schedule:** Events are emailed, posted on the club website (“Event Signup”), or available in meet packets.
- **Warm-ups:** Check times online under “Events → Meet Information.” Arrive early for check-in and preparation.
- **Heat sheets:** Parents can purchase these to see lane assignments.
- **Coaching:**
 - Parents: Encourage swimmers, but leave coaching to the coaches.
 - Swimmers: After each race, get your time from your lane timer & then go talk to one of your coaches. Ask for feedback!
- **Relays:** Ask your coach if you’re on a relay team. Relays are usually at the session’s end.
- **Uniforms:** Team cap and suit (or solid red or black) are required
 - Discuss Tech suit appropriate meets with your lead coach.
- **Deck attire:** Wear warm clothes, shoes, and socks between races to maintain energy and body heat.

- **Nutrition:** Bring healthy, nut-free snacks (bagels, fruit, energy bars). Hydrate with water or sports drinks; avoid caffeine and energy drinks.
 - **Focus:** Be ready for your events. Most meets are not marshaled—listen to the announcer and check with coaches.
 - **Missed events:** If you must miss a race, scratch at check-in to avoid penalties.
 - **Cleanup:** Leave the team area clean and respect facilities.
 - **Results & awards:** Meet results are posted at the pool or on www.miswim.org. Coaches distribute awards, emphasizing personal improvement over placement.
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Tracking Times & Apps

- **Check times:** Log in at the Atlantis website → “My Account → My Meet Results” → select swimmer and event. Times display by event with the most recent first.
- **MySwimIO:** Free website. Track best times, goal times, past performance, and limited on demand meet results
- **SportsMotion Parent App:** Login with the same login as your Atlantis website. Track attendance, meets, and swimmer progress.
- **Meet Mobile App:** Subscription App (Annual fee through your cellular provide). Follow live or near-live results for favorite teams and swimmers from anywhere.