



UCity Swim Club Meet 101

Are you wondering what to bring to your first meet?

A **big** swim bag with:

1. Towels (1 per event)
2. Deck shoes like Crocs or flip flops
3. Goggles (2 pairs just in case one breaks)
4. Swimming suit
5. UCSC team t-shirt
6. Swim cap
7. Swim ear drops if you use them
8. Deck clothes= robe, sweatshirt, sweat pants, or other comfy clothes to stay warm between events
9. Clean clothes to go home in by the end of the meet
10. Sharpie marker for writing your child's events on their arm (see below)
11. Drinks= bottle water or sport drink (not soda or energy drinks)
12. Healthy snacks= nuts, crackers, sandwich, fruit in general and bananas. No sugary stuff.
13. Camping type chair (if there is a crash area)
14. Blanket to lay on the floor (if there is a crash area)
15. Entertainment= games, coloring books, tablets or books
16. Chargers for electronics
17. Printed copy of heat sheet (at meet they cost around \$5. Coach Larry will always have a copy!)
18. Highlighter to mark the events in the heat sheet
19. Camera
20. Cash for concessions

The **Night** before

- 1 Consider subscribing to Meet Mobile
- 2 Pack the swim bag and all the things you will bring to the meet. Meets start very early
- 3 Get a good night's rest

Meet **Arrival**

Your swimmer

- 1 Check in with your coach
- 2 Write the events on your kid's arm before they get wet
- 3 Warm up
- 4 Report to your coach 2 events prior to your scheduled event
- 5 Get your camera ready to take lots of pics so you can upload them to our website
- 6 Tie long hair up tightly



How to read a heat sheet

Event 1 – 25 freestyle

Heat 1

Lane 1 – Annie W.

Lane 2 – Annabelle R.

Lane 3 – Brynne D.

Lane 4 – Capi K.

Heat 2

Lane 1 – Esther A.

Lane 2 – Hallel A.

Lane 3 – Lily R.

Lane 4– Lucy C.

If your child is Lily, she is in the
25 freestyle event= event #1, heat #2, lane #3. You
will write this on her arm like this:

| E | H | L | S |
|---------|--------|--------|----------|
| (event) | (heat) | (lane) | (stroke) |
| 1 | 2 | 3 | 25FR |

And then continue with all other events.

| E | H | L | S |
|----|---|---|--------|
| 1 | 2 | 3 | 25 FR |
| 26 | 3 | 2 | 100 BK |
| 34 | 2 | 5 | 50 FL |

E= event

H= heat

L= lane

S= stroke

FR= freestyle BK=

backstroke FL=

butterfly BR=

breaststroke IM=

indiv. medley