

What to Expect at Your First Swim Meet

Swim meets are a great opportunity for the whole family to spend time together as well as with all the other families on the team. Your first meet or two can be a lot to take in without a little preparation. Below are some guidelines geared to help you through your first couple of swim meets.

Family Preparation

Check the website under Meets/Events the week of the swim meet. Swimmer's events are posted here, and sometimes heat sheets with the event, heat and lane info is also posted. Swimmers will either write the event, heat, lane info on their arms, or a card to know when they swim.

Warm up times, and the meet timeline will also be posted the week of.

Meet mobile is a great app that allows you to purchase the heat sheet digitally, and also will post results (with a paid subscription).

What to Take To A Swim Meet

- Swimsuit, flip flops/slides, SMAC cap and goggles. Have an extra suit, cap and pair of goggles just in case you might need it.
- Towels — at least two.
- Stadium seats are a great option for families as most meets have bleacher seats.
- Swimmers will need to stay warm between events and there is nothing worse than putting on cold, soggy sweatpants. Swim parkas are a great option. If you do not have a parka, several changes of clothes such as sweatpants, sweatshirts and t-shirts. Sandals, slides, Uggs shoes will help keep them warmer and their feet protected.
- Small cooler of healthy snacks and drinks. Suggestions for items to bring: water, sports drinks, granola bars, fruit, yogurt, nuts, trail mix, sandwiches, etc.
- Sharpie marker for writing writing on your swimmer's arm/leg, pen, highlighter.
- Entertainment for the whole family such as travel games, cards, coloring books, tablets, or iPad with headphones to avoid disturbing others.
- Cash if you plan on purchasing a heat sheet at the event or for snacks which may be provided by the home pool.

What Your Swimmer Should Expect

- Most importantly, arrive early and set up blankets/camp chairs along with swim bags and snacks.
- Check in with your coach to let them know you are there.
- Swimmers will be assigned a warm up time. Swimmers should line up single file and once they are at the front of the line, the coach will instruct them on what to do.
- Know your events! Utilize your index card or arms too make it to your event on time.
- Swimmers sit with the team. Parents typically will not be able to yell out to the swimmers if they are missing an event.
- Have fun.