GST Meet Handbook

GILLETTE SWIM TEAM
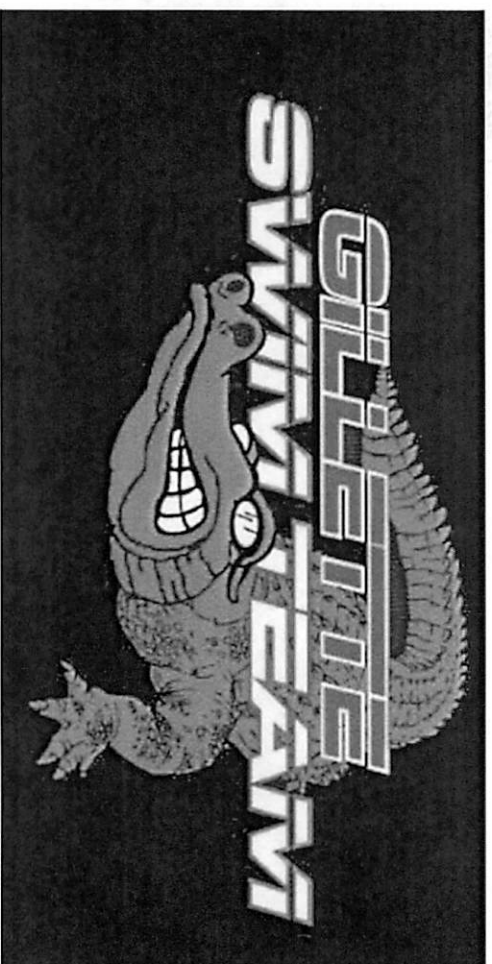
Meet Checklist

- ❏ Swim Suit*
- ❏ Swim Cap*
- ❏ Goggles*
- ❏ Towel*
- ❏ Snacks (healthy)
- ❏ Water Bottle
- ❏ Lawn Chairs (Depends on the meet)
- ❏ Swim Bag
- ❏ Highlighter for heat sheet*
- ❏ Sharpie for your events*
- ❏ Parents bring something to pass time(cards, knit, magazine, newspaper, phone games)
- ❏ Money (for concessions and to buy programs and heatsheets)
- ❏ Sweatshirts/Sweatpants* (need to say warm)
- ❏ Closed Toe Slip on shoes

* If possible bring more than one just in case

Do's of a Swim meet!

1. **Do** bring extra Swim cap and goggles (Very high chance of them breaking)
2. **Do** cheer loud for the swimmers
3. **Do** support the swimmer no matter what
4. **Do** listen to your coaches
5. **Do** always try your best
6. **Do** be early behind the blocks
7. **Do** always have good sportsmanship
8. **Do** eat healthy foods
9. **Do** drink lots of water
10. **Do** stretch and keep your muscles warm
11. **Do** listen to the officials

Dont's of a Swim Meet!

1. Don't use your camera with the flash on
2. Don't be loud at the starts
3. Don't run on the pool deck
4. Don't miss your races
5. Don't use your camera behind the blocks or in the locker rooms

E/H/L

At the beginning of the meet after you have completed your warmup session you should dry off and write down your Event, Heat, and Lane on you arm or leg with a Sharpie marker. This will help you to remember what events you are in and the order that you will swim them. It is also helpful to write the name of the event. (50 back, 100 free, etc. See example on next page.)

E/H/L- The E stands for event. This is the number that represents the stroke and the distance of that stroke, for example the event is the 100 freestyle, and the number is 4. So you would put the number 4 in the column.
- The H stands for the heat, this means the individual race in that event. For example, in event 4 you are heat 2. This means you will go second, and you should be ready to go behind the blocks as soon as the event starts.
- The L stands for lane, this means that you are assigned a lane number for that event and heat. For example, you could be in lane number 5, you should be behind lane 5 with your goggles and cap on behind the blocks ready to swim.

Example: E / H / L

        4.   2.   5. = you are in event 4, you are in the 2nd heat (race) in that event, swimming in lane 5.

	E	H	L
100 yard Butterfly	2	7	6
50 yard Freestyle	6	4	1
200 yard Backstroke	11	1	5
500 yard Freestyle	14	6	3