

Swim Meet Survival Guide

Becoming "experts" in the sport of swimming can be a challenging process for both swimmers and parents. Swimmers do their part during practice and here are some helpful tips for parents!

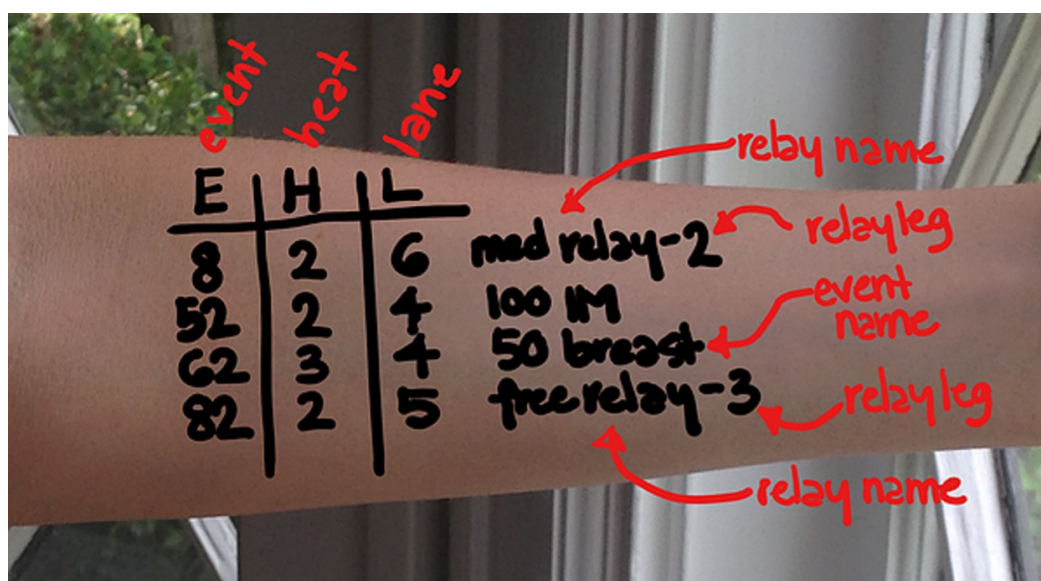
Please mark your swimmer's arm with their event, heat, and lane information. To mark your swimmer's arm, follow the steps below:

Find your swimmer's events on the heat sheet and highlight them.

Use a permanent marker to write the event number, heat, and lane on your swimmer's arm.

Write the event information in the following order: event number, heat, lane. For example, if your swimmer is racing in the 50-meter freestyle, heat 1, lane 3, you would write "1-1-3" on their arm.

- **EVENTS:** The meet will run each event in the order listed in the meet sheet.
- **HEATS:** A heat is one race. Every event will run the number of heats needed for all the entered athletes to swim.
- **LANES:** Each pool lane has a number. Often the number is located on the orange cone next to the block. The first lane is always located closest to the starter.
- **DISQUALIFICATION:** If a swimmer is disqualified, they will not receive an official time for that event. DQ is the abbreviation for "disqualification." A swimmer can be disqualified from an event if a start, stroke, turn, or finish is not properly performed according to the rules.



Here's a basic checklist for things you may need for a swim meet:

The Night Before

Download the Meet Mobile app (\$10 a year) and look at the meet sheet for the type of check in. It will either be pre-seated or positive check-in. If it is check-in, your swimmer will need to check in once they get to the pool.



The Swim Bag

- Extra-large towel or blanket for your swimmer to keep warm between races or sit on if necessary.
- Two Towels.
- Loose fitting, comfortable clothing to wear in between races – shoes and socks are best.
- Chairs or a blanket to sit on the ground.
- Two swimsuits, two goggles, two caps

The "Other" Bag, a.k.a, the activity bag

- Cards, Travel Games, Legos.
- Books.

What parents may need

- A comfortable folding chair.
- Ball-point pen, magic marker, highlighter.
- Book, paper, magazine.

The Cooler

Through the swim meet, encourage your swimmer to hydrate, it will help their performance! Pack healthy food/drinks:

- Water, juice, sports drink (fluids are VERY important)
- Bagels.
- Carrot and celery sticks.
- Fruit – grapes, bananas, apples...
- Granola bars, oatmeal.

Some swimmers think they're hungry when really, they're bored and looking for something to do (visit "The Other Bag").



At The Meet

What do I do FIRST?

When you first arrive, find the team area and set up your things. Shortly after, have your swimmer report to their coach for warm up in the pool area.

Heat Sheet/Checking In

While your swimmer warms up, you can then do the positive check in if needed. Check Meet Mobile (cell phone app) to find their events. Once your swimmer returns, make sure they drink something and wrap up in either a blanket or parka if it is cold. This is a perfect time to write E/H/L on their arm. Remember to use a waterproof marker or pen. Sharpies are perfect!

The Meet

If we're at another team's hosted meet, you want to scope out their facility to know where the key areas are: the restrooms, the team area, the pool, etc.

While your swimmer waits for their turn to race, they can use "the other bag" to stay entertained by themselves or with their teammates. Make sure you stay tuned to the meet so you can be aware of what event they are on and how long your swimmer may have before their next event. Your swimmer should report to their coach 5 events before they race as well as after their race. If your swimmer misses their race, they will be scratched. Be aware that some meets have penalties for missing races, be sure to be at the blocks with enough time to spare!

Good luck Sharks!