

CRANTON MARLINS' SWIM MEET LIST

1. A healthy breakfast!!! This will be their most significant meal of the day. Make sure to include proteins, fruits, and carbs for long released energy. See your nutrition guide for ideas.
2. Pack food for the day accordingly. Take a good look at your nutrition guide and length of meet to help. Dual swim meets run about 4 to 5 hours, and Invitational meets up to 9 hours so plan for this.
3. Swimmers pack your swim bag.
 - Sharpie marker
 - Your lunch bag
 - Team Suit (preferably on under your clothes when you show up)
 - Team Cap
 - Extra elastics for girls hair
 - 2 pairs of goggles
 - Spare cap
 - 2 towels
 - Bath robe
 - Sweat pants or pajama pants
 - Flip flops, crocs, water proof shoes, etc.
 - Something to keep you occupied (cards, board games, etc.)
 - Blanket
 - chair
4. Parents pack yourself
 - Lunch bag or cooler

- Chair
- Charge your tablet and cell phone and don't forget them
- Comfortable clothes - Be sure to dress in layers. It may be cool out but it tends to get very warm on a pool deck. If it's warm out bring a sweatshirt incase the gym or where ever we are being bullpen is cold.
- Comfortable shoes and water proof ones if you are timing
- Money for concessions and vendors

All children must be accompanied by a parent or guardian for the entire swim meet.