

New to the swim team?
Here are some tips to prepare for a swim meet:

1. Register for the meet via the website [Event Calendar](#). You must be logged in to accept/decline attending a meet for each of your swimmers by clicking on Edit Commitment. Indicate in comments if there are specific days of the meet you are planning to attend or can't participate. If you have last minute changes before a meet that will keep you from attending, be sure to [email the coaches](#) so they are aware.
2. Meet Entry shows what events your swimmer is entered to swim in by the coaches. Click on the meet you're interested in on the [Event Calendar](#) to find the Meet Entries document. Typically the coaches determine what events your swimmer is prepared to participate in. If you or your swimmer have requests to be in certain events let the coaches know and they will see if they can make it work. Usually the younger swimmers are in the morning sessions, however check the meet schedule to confirm beforehand as there are some meets where the younger swimmers are in the afternoon.
3. Heat Sheets indicate the specific Event/Heat/Lane/Stroke for each event your swimmer is signed up for. You can either search through a Heat Sheet to find the races your swimmer will participate in or use the Meet Mobile app, which greatly simplifies identifying all the races for each day. There is a small fee for the MeetMobile: Swim App which you can download from the [Apple](#) or [Google](#) App Store. Click on the meet you're interested in on the [Event Calendar](#) to view/print the Heat Sheet.
4. Mark your swimmer for the meet:
Write the races on your swimmers arm with a Sharpie before heading to the meet, ideally, or when you get there. Only write the races for that day, and write down the next day events the morning of day 2. Mark off the prior day's races so there is less chance there is confusion. Before the meet, have your swimmer read back what is written down to confirm they are able to read it.

Each swimmer should arrive with the events marked on their arm or leg using a Sharpie (E = Event, H = Heat, L = Lane, S = Stroke). The heat and lane assignments can be filled in from the heat sheet. Normally heat sheets are emailed out the night before a race or you can find it on the Meet Mobile app.

Everyone does it a little differently but here is an example below.

E	H	L	S	
3	1	4	400 Fr	(So this means Event 3, Heat 1, Lane 4, swimming the 400 Freestyle)
15	8	7	25 Bk	
21	3	1	50 Br	
53	9	8	100 Fly	
65	13	5	200 IM	

Stroke Abbreviations:

Fr - Freestyle

Bk = Backstroke

Br = Breaststroke

Fly = Butterfly

IM = Individual Medley

Medley Stroke orders:

IM: Butterfly, Back, Breast, Free

Medley Relay: Back, Breast, Butterfly, Free

5. Have your swimmer double check before leaving the house that they have a sharpie marker, swim cap, goggles, extra goggles, suit and 2 towels, parka/rain jacket, and sandals/crocs/warm boots. Also bring a water bottle and snacks that aren't too sugary and aren't too messy. You'll likely adjust what you pack depending on the needs of your swimmer after you go to a couple of races. Also be sure to bring folding chairs, an umbrella for shade, extra beverages/water, and sun screen for outdoor swim meets.
6. Be sure to show up early at a meet so you don't feel rushed and to ensure your swimmer is there in plenty of time to get ready for warm ups.
7. Swimmers will have a little while between warm ups and their events so they should dry off and put on something warm after warm ups. If you don't have a swim team parka, rain gear works very well to keep warm and/or extra towels as towels tend to get very wet and cold during a meet. Recommend being sure your swimmer puts all of their clothes back in their bag before they go to warm ups and zip up their bag to keep their clothes dry, otherwise their clothes may end up soaking wet.
8. Bringing a blanket to sit on or folding chairs, and if you arrive before the rest of the team look to claim a spot at the meet for the team so the kids can all sit

together. A picnic blanket that's water resistant works well. Kids also may want to bring a small game like cards or a book to read depending on how long they have to wait between races, but most of the time they end up playing together.

9. You can sit with your swimmer at some facilities however others only swimmers and coaches can be on the pool deck. Ideally your swimmer will sit with the team and can come check in with you whenever they need to. Bring a folding chair in case the bleachers fill up.
10. Encourage them to also go cheer on others on the team when they can too as that's really fun for all of them. As a parent you can never go behind the blocks, unless you're timing and behind the blocks you can never take photos from that side of the pool. To take photos and cheer on your swimmer go to the far end of the lane where your swimmer will be.
11. Before and after each race the swimmer should check in with the coaches for preparing for the race and receiving feedback after each race. Feedback is intended to help each swimmer relate to what they did well and what they can improve upon immediately after that event, which can also help them better prepare for their next race.
12. Swimmers should plan to line up for their race at least 5 heats before their event. It is good for swimmers to learn how to keep track of when they need to line up on their own, but you may need to remind them to go when it is the right time so they don't miss their heat.
13. Celebrate! Celebrate every race as for new swimmers no matter how they do it's a success that they are participating in the competition! There are many times new swimmers will be disqualified (DQed) from an event, but that's not important to focus on at the time of the meet. The coaches will help them work on the things they need to improve at practices. Meets help swimmers learn what they are doing well and what they still need to work on. Every race regardless of outcome is a valuable experience for them.
14. You are welcome to sign up to be a timer if you are interested when we are invited to time for a meet. This is a great opportunity to get a very hands on perspective on being involved in a meet. Note that only swimmers are to use the locker rooms. Be sure to use the restrooms near the lobby for all non swimmers.

15. After the meet, remind your swimmer to check in with their coaches to say thank you and clean up their area. Be sure to throw away any trash and collect all belongings. A good way for them to remember is to go from head to toe to be sure they remembered to pack all of their things up and haven't left anything in the swimmers area or the locker room.