



# What to expect at your first swim meet

## Swim meets last from 6- 9 p.m.

### Warm- ups start 5:30 for away meets/5:00 for home

Check in at the attendance sheet before warm- ups



**Events list:** The coaches will post lists with age range, gender, event on a fence or wall near the area where our team is sitting.

Locate your child's list for their gender and age, i.e. 6 and under boys or 9-10 girls. On that list should be your child's name, each event number they are entered in, what that event is such as freestyle, back stroke and the heat and lane number.

**Write events on swimmer's arm:** The swimmers usually write their event numbers on their arm with a Sharpie. They do not need to write the stroke. That information will be listed on the Lane Slip (see below) they have to pick up before their event. Make a paper list of your swimmers events for your own reference.

**Get Lane Slip:** There is a Lane Slip for each event that each swimmer will need to pick up prior to their event. On the Lane Slip is their event number, their name (or names if a relay), their age and gender, the distance they will be, the stroke they will be swimming, their heat, and the lane they will be in.

Listen very carefully to the events being called. It is sometimes (actually most times) very difficult to hear what event is being called with the noise of the swimmers, spectators and the quality of the speaker system at the pools.

**Go to Bull pen or lane:** Several events BEFORE the event your swimmer is participating in the swimmer needs to go to the pool lane area (for home meets go to the baby pool), give the lane slip to the timer for THEIR lane and "just hang out" there. When it is time for the event you will need to get in order according to which heat you are in, such as heat 1, 2 or 3. **Encourage everyone to swim their best!**

Ex. Joe is swimming 7-8 yr backstroke, event #31. He needs to be in the bull pen or at his lane by event #28.

**After- meet social:** Sometimes the coaches will pick a fast food restaurant of some kind at the end of the swim meet and invite the whole team to go and celebrate. Usually we go to a McDonald's on Harshman for home meets.

**Questions?** Please feel free to grab an adult or child and ask if they have done this before and if they can help. The coaches are usually sitting against the fence next to the baby pool at home meets and they can also help answer any questions you have.

### **What to bring:**

- You should wear your team swim suit if you have one, but if you don't have one that's OK, you can just wear a regular suit
- Chairs
- Food/snacks/drinks (it gets expensive to buy everything from the concession stand, but we won't stop you)
- Permanent marker/pen to write lane and event assignments
- Extra towels/clothes/goggles/swim cap