

SWIM MEETS

Below are a list of items that we suggest Swimmers have at the meet:

- **Team Swim Suit or Racing Suit**
- **Team shirt**
- **Additional Clothing** - if needed
- **Team Swim cap** - plus an extra cap
- **Goggles** - plus an extra pair
- **Towel(s)** - bring 2-3
- **Shoes** - crocs, or flip flops, etc
- **Water Bottle**
- **Sunscreen**
- **Bug Spray**
- **Blanket(s)** - (or the additional towels) to sit on
- **Lawn Chair** - if you want it
- **Something to do between races** : playing cards, book, podcast, music, coloring book, etc

Recommendations to Parents:

- **Stay in the Spectator Area (unless a parent volunteer)**
 - There will be an area at every swim meet specifically for watching the swim meet. If you are not a volunteer, please stay in the designated spectator area.
- **Non-swimming Siblings/Family** - stay in the Spectator Area with you.
 - Please keep additional family with you in the Spectator Area at all times.

- **Bring something for non-swimming kiddos to do**
 - Meets can be long so please plan on bringing things to keep your kiddos occupied (ex. Books, playing cards, electronics, etc)
- **Bring your own seating (just in case!)**
 - Seating is not guaranteed. Please bring a lawn chair, blanket, towel, etc to sit on for the meet just in case.
- **Sunscreen**
- **Bugspray**
- **A Positive Attitude**
- **Patience**
- **Water/ other hydrating drinks**
- **Snacks or money for snacks**
 - Eat before the meet and or bring money for snacks just in case.
- **Arrive early for better parking or Carpool!**
 - Carpooling is always a great idea. There may not always be ideal parking for a meet. Be there early to get better parking.
- **Dress for the weather!**
 - Triple check the weather and make sure you are prepared.

Parent Volunteers:

All parent volunteers (timers, judges, pit boss) please meet in the Merriam Team area. Olathe will announce or come find you to place you around the meet.

.

About Competitive Swim Meets

- **Heat Sheets**
 - Heat Sheets will guide you through the meet. I recommend getting a heat sheet and highlighting your swimmer(s) to know when they are swimming.
 - Heat sheets will indicate what Event, Heat, and Lane your swimmer is in.
- **An Announcer** will say what Event, Age Group, Gender, and heat is swimming at the moment. Listen in to know the progression of the meet
- **The Events** will be announced Youngest to Oldest, alternating boys to girls throughout each age group.
- **If you are new to swim meets**, feel free to ask returning parents what is going on if you ever get confused haha!