



Swim Meet Checklist

Before you leave

- Confirm arrival time, warm-up time, location, and parking.
- Review your swimmer's events.
- Eat a good meal and arrive well-hydrated.
- Pack the night before.

Swimmer bag

- Team or competition swimsuit
- Team cap, plus a spare
- Goggles, plus a spare pair
- Two towels
- Warm clothes: parka, sweatshirt, sweatpants, socks, and deck shoes
- Water bottle and nutritious snacks
- Dry clothes for after the meet
- Sharpie for writing events, heats, and lanes on an arm
- Book, cards, or quiet activity for downtime

For parents

- Meet information or heat sheet / Meet Mobile access
- Cash or card for admission, concessions, and parking
- Folding chair or blanket if the meet is outdoors or seating is limited
- Snacks, water, and layers for a long day
- Volunteer assignment, if applicable

At the meet

- Check in with the coach when you arrive.
 - Attend warm-ups.
 - Stay warm, dry, fueled, and hydrated between races.
 - Listen for event announcements and report to the coach or clerk of course on time.
 - Cheer for teammates and enjoy the day.
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