



Swim Meet Checklist for Swimmers

Please feed your swimmers prior to sending them to a swim meet. Food is not allowed on deck.

At USS Swimming meets:

- The 8 and under swimmers are usually bull penned. The bull pen is an area where swimmers wait to receive their lane and heat assignments for a swimming meet.
- The coaching staff prefers to have all swimmers on deck with the team during meets and not sitting in the stands with parents.

USS and Dual Meets last from 3 to 5 hours.

- Please send your swimmer with some activities to keep occupied. (A book, a notepad and markers, UNO, etc.)

USS meets and Dual meets offer concession stands for swimmers and parents to get food, water, etc.

- HWSA swimmers are expected to eat healthy food and drinks.
- Junk food and soft drinks will not be permitted.

Send a permanent marker with your swimmer to each meet.

- The coaches will write events numbers on the swimmers hands.
- You can do this at home as well.

To ensure that younger swimmers get to their events on time, coaches will monitor them.

Please **do not** send:

- Electronics such as Nintendo Switch, iPods, phones, or iPads to meets.
- HWSA will not be responsible for lost, stolen or broken electronics.

Heat sheets may be available for purchase at both USS and Conference Meets.

- A heat sheets is a list of all the events that are going to be swam at the meet.
- It lists the swimmers in each race.
- It lists the heat and lane that the swimmer will need to be in for their race.

Each swimmer should have the following items in their gear bag at every meet:

- 2 - 3 pairs of goggles. Just in case they lose or break them!
- Team swim cap
- Team swim suit
 - Back up swim suit, just in case they forget their team swimsuit.
- Towels
 - Multiple towels are helpful they get very wet
 - Blankets to sit on is also helpful
- Water bottle filled with water - Gatorade is acceptable as well. No soft drinks
- Healthy snacks- carrots, string cheese, fruits, granola bars, etc.
- Dry clothes - I put them in a plastic bag to stay dry.
- Extra clothes
 - Parka, hoodie, sweatshirt, sweatpants, hat, etc. to wear on deck to keep body warm
- Sunscreen for outdoor practices and meets
- Bring a positive attitude and, good sportsmanship