



A Guide for Your First Swim Meet!

We are so excited for the swim season! We'd like to go over what you need to do to prepare for a meet and what to expect when you are there. Learning the ropes is all part of being a new swim team parent so don't be afraid to ask questions.

What do you need to bring for a swim meet?

For your swimmer: mask and plastic baggie, swimsuit, goggles, 3 towels (1 to sit on in the team area, 2 to dry off with), cap, sweatshirt and pants on cool evenings, t-shirt to wear between races, water, healthy snacks, things to do (we are not responsible for things such as electronics being lost or stolen so use your parental judgment).

For you as a spectator: swim meets can be long and some pools don't have much seating on the deck. We recommend bringing a camping chair to sit in while waiting for your swimmer to hit the pool. We also recommend bringing drinks and food. Most facilities will have some sort of concessions, but if you'd rather pack your own cooler please do.

Where do we go when we arrive?

The first thing you will do is look for the coaches and check your swimmer in. This is how they know your swimmer is at the meet and ready to swim! **Check-in is at 4:45pm, warm-ups at 5:00pm, meet begins at 6:00pm!**

You will then see where the team is sitting and can help your swimmer put their towel down and get themselves organized. Coaches will come to the team area to gather kids for warm-ups.

While the swimmers warm up, it's a good idea for you to locate the heat sheets and figure out which events your child is swimming. **Please read the other attachment, Reading Heat Sheets 101, to walk you through how to read a heat sheet.**

After warm-ups, the swimmers will return to their team area. The national anthem will be played to start the meet and then we are off to the races. At this point the most important thing you swimmers can do is LISTEN! The coaches and volunteers running the bullpen will announce the events and swimmers need to be in the bullpen in order to hear their events being called. The bullpen is where we organize the swimmers before they go up to the pool to swim. Swimmers need to stay in the team area/bullpen at all times during the meet unless using the bathroom.

Meets last anywhere from 2-3 hours depending on the size of the teams. After swimmers are done swimming all of their events, they may leave.

Do you have more questions? Email Us: barracudas.rsc@gmail.com

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