



SWIM MEET CHECKLIST FOR THE ATHLETE

- ___ Swim Suit
- ___ Team Cap
- ___ Goggles
- ___ Extras: suit, cap, and goggles
- ___ Towels (pack at least two)
- ___ Something warm to wear between events.
- ___ Sandals (easy on/easy off)
- ___ Activities (travel games): book, iPod, Gameboy, playing cards.
- ___ Healthy snacks: (granola bars, energy bars, fresh fruit, yogurt, cereal, sandwiches, pretzels, bagels)
- ___ Water
- ___ Something to sit on between events (old towel, chair)
- ___ Make sure your name is on all gear (suits, caps, goggles, parka, t-shirts, towels)

SWIM MEET CHECKLIST FOR PARENTS

- ___ Plan to have your swimmer at the venue 15-20 minutes prior to the warm up
- ___ Purchase a heat sheet and highlight the events your swimmer is swimming
- ___ Sharpie, pen, and highlighter
- ___ Chairs
- ___ Snacks, water, small cooler (Space is limited at the fall & winter meets. Small—Medium coolers only. Please)
- ___ Cash for heat sheet and concessions
- ___ Dress in layers. Bring a change of shoes. (Indoor pools are very warm. Timers will end up with wet feet.)

REMINDERS FOR SWIM PARENTS

- ___ Parents are not allowed behind the blocks or near the coach tables
- ___ Parent code of conduct
- ___ Remember that learning is a process.
- ___ The coach will discuss strategy and technique with your swimmer. This is not your job.
- ___ Set an example of good sportsmanship
- ___ Remind your swimmer to check in with the coach upon arrival, before each event, and before you leave
- ___ Pay attention to the meet and the events, it is your responsibility to make sure your athlete is ready to swim at least 15 minutes before each of their events.
- ___ Make sure your athlete is staying hydrated, eating healthy, and resting between events.

Meets Terms

- **D.Q. (DISQUALIFIED):** The swimmer's time is not considered in the competition due to an improper or illegal stroke technique or other rules infraction. The referee or stroke judge determines DQ's.
- **N.T. - NT** (no time) after a swimmer's name on heat sheets or psych sheets indicates that the swimmer does not yet have an officially recorded time in the event.
- **Meters vs Yards** - Pools are constructed in two measurement dimensions. Meters, as in the metric system, and yards. The Pocahontas pool is 25 Meters. The Paragould and Batesville pools are 25 yards. The Pocahontas pool is longer and that means their times will appear slower. We convert times based on the length of the pool they are competing in.