

Skyline Swim Meet “Survival” Guidelines

Arrive early for warm-ups on day of meet (5:45am). Coaches will remind you of exact time. **Swimmers are expected to be at the team warm-ups.** If you are not there, you risk being scratched from the meet, especially the relays.

Before the meet

1. Check the meet entries posted on the team **website**. It is important to see what you are swimming. Make sure you check the **relays** also.
2. Get a good night's **sleep**.
3. **EAT** a great breakfast!
4. Check the entries again when you arrive at the meet. Look for any changes.
5. Know the meet schedule. Pay attention to what event number the meet is on - it moves quickly.

What to bring to the meet

1. **Team swimsuit**
2. **Goggles** (2 pairs, just in case!)
3. **Swim cap**
4. **Team sweat suit** and /or heavy jacket (it is cold first thing in the morning)
5. **Towels** (at least two. Extra ones are nice to have at the end of the meet) As a general rule, at least one dry towel for every event your swimmer is competing in, plus an additional towel to be used after warm-ups. Swimmers need to be dry and warm when out of the pool. Cold swimmers do not perform well!
6. **Sleeping bag** (especially on cold mornings and evening meets)
7. **Extra clothes** Have clothes for your swimmer to wear between events, or a robe. Again, cold swimmers do not perform well! Sweats or loose fitting clothes work best. Tight fitting clothes can be hard to get on and off when you're wet.
8. **Sunscreen**
9. **Folding chairs**
10. **Water**
11. **Nutritious snacks** While there is always a concession stand at every meet, it is great to bring some favorites from home. Pack snacks that are high in carbohydrates and complex sugars, including bagels, fruit, granola bars, etc. Simple sugars/candy should be avoided. Bring plenty of drinks (water, gatorade, chocolate milk, etc.) as swimmer do get dehydrated. Avoid carbonated beverages.
12. **Entertainment** There can be long periods of time between your swimmer's events, depending on what they are swimming and how many swimmers are at the meet. Take something for them to do, including books/magazines to read, activity books, electronic games, etc.

During the meet

1. Know your event numbers! (Write them on your hand or arm), and your heat and lane assignments.
2. You must check in at the heating area in order to swim your events. It is YOUR responsibility to know what events you are swimming. Events will be posted at the meets. They will also be announced over the loudspeaker and/or displayed on the event call board. Please pay attention! The meets move fast.
3. First Call (Event #) on the call board - you should go to the heating area, ready to check-in and line up for your event.
4. Last Call (Event #) on the call board - you should be in heating, if not, you are LATE!
5. Listen to the announcer.
6. Talk to your coach before you head to the heating area. They will let you know how to prepare for the event you are about to swim.
7. Give your name and age to the timers. (This ensures that your swim will be recorded properly under your name)
8. Ask the timer for your time after each event.
9. Talk to your coach after your event, about how you swam.

After the meet

1. Check your swim bags. Use the inventory of what you packed to make sure you are going home with everything you brought.

Things to remember

1. **Great sportsmanship!** Congratulate the other swimmers in your race for the effort they gave. Shake hands with them across the rope after you swim.
2. **Cheer** for your teammates!
3. **Respect** to the Meet Officials and workers. They are volunteering so you can swim.
4. **Clean Up.** Keep your team area clean. Pick up trash and belongings before you leave the meet.
5. **Stay close.** If you are in the 8 and Under group, stay in the team tent area so we can find you. Look for the Relay Herders, and know the events you are swimming. (Remember to write your event numbers on your hand or arm!!)
6. **Check out.** Do not leave the meet before you finish your events and check out with the coaches. Even though a swimmer may not have been listed in an event, sometimes last minute changes occur during the meet and you might be scheduled for another event. (i.e. Free Relay)

CHECK WITH THE COACHES BEFORE LEAVING THE MEET!

PARENTS

Please understand that your child may need your help during the meet. Help get them to their events on time. Also, remind them to talk to their coaches **BEFORE AND AFTER** their events. We have a few coaches and over 120 swimmers, so please help them out.

CONGRATULATE YOUR SWIMMER ON THE AMAZING EFFORT! HAVE FUN!