



Tips for Surviving Your First Swim Meet

Though the first swim meet might seem overwhelming, grab your supplies, plan for an exciting weekend, and settle in to cheer for the Turtles!

What to bring:

- List of your child's races. (This can be found in either meet mobile or listed as a heat sheet on our event page listed under that specific meet)
- Team uniform - swimsuit, goggles, swim cap, team shirt
- Towels - at least 2-3. Towels will get soaked fairly quickly, and swimmers don't always want to wrap up in a wet towel.
- Change of clothes & deck shoes (flip flops, etc), including sweatpants/sweatshirts for swimmers. They often have to sit for some time between races, and they WILL get cold.
- Folding Chairs - Space to find seating can often be a challenge at some pools. Plan to arrive early before warmups to have the best chance at claiming your spot.
- Sharpie marker to write your child's races on their arm, so they can easily see their upcoming events.
- Highlighter/pen to mark your swimmer's races in the heat sheet for your reference.
- Food & drinks. Most pools have concessions, but swimmers burn a lot of energy and need refueling with healthy snacks and drinks.
- Meets last 3-4 hours, so if you're bringing younger siblings, bring something to occupy them and your swimmer (and even you) to help pass the time

Sample Heat Sheet

Event 3 Mixed 12 & Under 200 Yard Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals Starts at 06:23 PM				
1	Chabuk, Samim	M9	LA-OR	NT
2	Selby, Addison C	W11	TTSC-OR	NT
3	Faucera, Elora J	W11	TTSC-OR	NT
4	Nation, Madigan E	W12	CB-OR	NT
5	Pederson, Betsey A	W11	TOR-OR	NT
6	Chabuk, Ela	W11	LA-OR	NT
7	Swilley, Samantha J	W11	CB-OR	NT
8				
Heat 2 of 2 Finals Starts at 06:27 PM				
1	Quarrey, Dillan J	M12	LA-OR	NT
2	Goktas, Sam M	M12	CB-OR	NT
3	Brenner, Kenzie	W12	FGSC-OR	3:42.84
4	Wang, Oliver H	M11	LA-OR	2:53.50
5	Ruhl, Ruby C	W11	FGSC-OR	3:30.29
6	Siefken, Chloe L	W11	FGSC-OR	4:46.82
7	Collard-Adcox, Mirabella L	W12	LA-OR	NT
8	Zaemann, Raegan G	W12	TOR-OR	NT

What to Write on your swimmers arm:

E H L

3 1 3

*Optional add on would be the Even Description

Fly, Back, Breast, Free

