



Swim Meet Checklist

Here is a list of things you should bring to ALL swim meets and information you need to know.....

THINGS TO BRING...

SWIMSUIT

Try to bring two suits

- 1) a suit you do not normally wear in practice
- 2) a "just in case" suit

GOGGLES

Two pairs...take both to your races in case a last second emergency occurs.

TOWELS

At least two towels.... A couple to help keep you dry between races and one for the end of the meet

WATER BOTTLE

Filled with water, Gatorade, etc. It's very important to stay hydrated.

CARBO FILLED FOOD

Bring granola bars, fruit, yogurt, bagels, etc. to snack on between races. Avoid candy bars, donuts, chips, etc.

SWEATS, T-SHIRTS

Bring an extra sweatshirt, t-shirt, shorts to keep you warm between your races.... preferably Chinook attire, if you have it.

THINGS TO KNOW AND REMEMBER

- Be on time for warm-up
- Don't eat right before your race
- Try your hardest...it doesn't matter if you're first or last
- Make sure you know when you're swimming and what events you are swimming.. pay attention! Have your parents buy a heat sheet or check the one that is posted on the wall at most meets.

At the Swim Meet....

Warm-up

At the beginning of every meet, there will be a warm-up session to get you ready for your races. Practice the strokes you will be swimming, your turns and your starts. Ask your coach for the specific warm-up you should do. Always enter the pool FEET first for warm-up. Also, the dive sprints at the end of the warm-up, when lanes are opened up for that purpose, are a part of warm-up, along with a short warm- down to loosen up. Start a racing dive from the starting blocks. Dive sprints are **one** length of the pool, one-way.



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Events

The “event” is the race you are swimming, such as 8&under 25 Back, 11-12 100 Free, etc.

Distance

In a short course pool...

25 Yards.....1 length of the pool

50 Yards.....2 lengths of the pool

100 Yards.....4 lengths of the pool

200 yards.....8 lengths of the pool

In a long course pool (50 meters) which is the type of pool we compete in during the spring and summer, the number of lengths is half as many (i.e. 100 = 2 lengths).

Heats

In an event, there are many more swimmers than there are lanes in the pool. Therefore the number of swimmers entered in each event must be split up into heats. Heats are like groups.

Heat Sheets

Heat sheets will tell you what event you are swimming and when. It tells you the event, heat and lane you are going to swim in. It's a good idea for you or your parents to buy one. There also will be one posted on the wall on the pool deck.

Disqualified

When someone is disqualified (DQ), it means that a swimmer didn't touch the wall with two hands on fly or breast, or touched the bottom of the pool or did an illegal kick. Everybody gets disqualified at some time, but try not to and try to learn from it.

False Start

Diving off the blocks before the beeper or gun starts

I.M. or Individual Medley

A race where you swim 25, 50, or 100 yards of each of the four strokes in the following order...Fly, Back, Breast and Free.

Relays

A race that you compete in with three of your teammates. When the person before you in the relay touches the wall, you dive in and swim the appropriate distance and stroke. When you touch the wall, the next person will dive in and swim his or her distance and stroke. There are two types of relays - Freestyle, where all four swimmers swim freestyle, and the Medley relay in which each swimmer swims one of the four strokes in the following order...Back, Breast, Fly, Free. (Notice that the order of strokes for the Medley relays is different from the individual medley).

Good luck and have fun at all of your swim meets!! If you have any questions ask your coach and **GO CHINOOK!!!**