

# GATOR MEET DAY CHECKLIST



## PACKING FOR THE MEET:

Pack the night before the meet. As you put items in your bag, visualize the entire day of competition: From the moment you plan to wake up, to the moment you walk back through your front door. Make a list of things you can't pack until the morning (food or cloths in the wash). Set list of items needed to pack the morning of on top of your swim bag before you go to bed.

- Swim Suit
- Swim Cap
- Goggles
- Towel (May want to bring multiple towels)
- Swimmers need to stay hydrated and eat during meets. Pack protein and high-quality carbs.
- Cash: Heat Sheets usually cost a few bucks and you may want a treat from concession.
- Bring a Sharpie marker, pen, or pencil to write times on your heat sheet. A highlighter is also helpful to mark where and when your child is swimming.
- Chair
- Sunscreen
- Tent
- Warm Clothes - sometimes after getting in the pool and wet swimmers can get cold.
- Entertainment (Be prepared to sit around for a few hours. Staying awake and alert will help you swim faster, so bring whatever keeps you happily entertained.)

Talk to other parents at practice and ask their routine. The above is just a starter list as different families have different needs.

## AT THE MEET:

1. Punctuality is virtue. Gator warm up times will be posted. Please plan to arrive 15-minutes prior to warm ups to allow time for everyone to get settled.
2. At this point you may take your swimmer to their swim area and check in with the coach.
3. Meet Heat Sheets list the individual swim events, the participants in each event, what heat they are in, what lane each swimmer will occupy and if the swimmer has a history of swimming that event, what his/her previous best time swimming in that event was. To keep track of when your child is swimming, going through the heat sheet and highlighting each of your swimmers events can be useful.
4. Sharpie Marker: Swimmers do not always have access to heat sheets. The best way for your swimmers to keep track of their events is to write on themselves. Most swimmers write on their arm (please don't let them draw or write on their backs, they will not be allowed to compete until it is washed off. Below is a grid example of what your child can have on their arm. It should include their event, the heat, and the lane.

E	H	L
1	3	6
7	4	1

Example Swimmer Body Marking. "E" standing for Event, "H" standing for Heat and "L" standing for Lane.

**REMEMBER TO CHEER ON YOUR CHILD AS WELL AS OTHER GATORS!**  
**LETS HEAR YOUR GATOR GROWL!!**