

You Don't Know What You Don't Know Until The Morning Of The Meet!

Make sure you check on the location and time several days before the event. Updates are posted on the website and notices are sent out via email. Maps indicating location and directions to pools are available on the website. If you know the town you can find the pool. The towns we usually swim in only have one pool so it is possible to get directions.

The meet package is available on the website. It contains relevant and important information in regards to warm up times and the meet schedule. Please have your swimmer on deck **15 minutes before the scheduled start of warm ups**. Warm up usually begins about an hour before the meet starts. Feed your swimmer at least an hour or more before warm up.

Swimmers need team suits, shirts and caps, a towel, deck shoes are optional and a filled water bottle. Be prepared, most pools have a snack shop and swimmers are always hungry after a swim. Many parents pack snack foods; **please ensure all snacks are nut-free**.

Many pools do not have good viewing areas. Consider volunteering as a timer for the best view.

Meet programs can be purchased from \$2 to \$10. This helps you find your swimmer on the blocks among 250 other entries