



Swim Meet Information

Thank you very for registering for the swim meet! We know that you may have lots of questions and we hope to answer most of them in this document. For complete information on the current meet you are attending please go to ww.pacswim.org and select the tab "Meets" and find the appropriate meet sheet for the meet location and other information. Please feel free to contact Coach Zach if you have any additional questions at swimmingwolfe@yahoo.com.

What To Bring:

- Lots of warm clothes and several dry towels
- Snacks, there are food vendors at most sites as well
- Small games or activities, like playing cards
- Blankets or chairs for the family to sit in
- Meets can be 4 hours for each session so please be prepared
- Check the weather and bring the appropriate clothes and gear

Racing Gear

- Racing swim suit
- 2x pairs of goggles, in case one breaks
- Team cap
- Parka or deck coat

Arrival At The Meet

- Eat before coming to the meet, something light
- Get to the pool at the appropriate time
- For the morning session this is 7:15am and the afternoon session this is 12:00pm
- Check-in at the check-in desk for all the events you are registered for, if there is an event you do not want to swim do not circle or check in for that event
- Check-In with Coach Zach, our coach/swimmer tent will be located on the side of or near the pool
- If this is your first meet please let Coach Zach know so he can help make sure you are comfortable and answer any questions you may have

Warm-up

- When all of our swimmers or most of our swimmers arrive we will warm up together as a team
- The warmup will take 30-45 minutes including 3-5 dives for each swimmer

- After the warmup the swimmers should go get dry and warm and get ready to check their heat and lane assignment when it is posted

During The Meet

- Pay attention to the meet timeline and event number so that our swimmer does not miss their event
- Once your heat and lane assignment is posted have our swimmer come check-in with Coach Zach, so he can record their heat and lane assignment and also give them reminders and tips for their race
- At most meets the event and heat number will be displayed on the upper right hand corner of the results display board
- After the swimmers participate in their race they need to come and talk with Coach Zach about their race

Volunteering

- Families are encouraged to help time with all meets their children attend
- Timing shifts are usually about 1 hour long
- Helping time at the meet helps the meet run smoothly and faster