

“If I only have one day left to live, please take me
to a swim meet, because they last FOREVER!”

Congratulations, you are a parent or guardian of a swimmer. Swimming is a great sport where each swimmer has the opportunity to compete individually and as part of the team. Each meet is made up of 84 events; boys and girls compete separately in the following age groups and strokes.

<u>Age Groups</u>	<u>Strokes</u>
*6 & Under	Backstroke
8 & Under	Breaststroke
9 & 10's	Butterfly
11 & 12's	Long Free Style
13 & 14's	Short Free Style
15 & Up	Individual Medley
	Free Style Relay
	Medley Relay

*6 & Under events are the Backstroke and Short Free only. For all other strokes they swim 8 & Under. There are no 6 & Under events at District or State.

Since there are so many events during a swim meet, swimmers have a lot of time to get to know each other and form strong friendships.

Some things to bring to a swim meet:

Swimmers

Competition Suit

Swim Cap

Goggles (a backup pair is always a good idea)

Towels (more than one)

Lawn Chair

Sunscreen

Sharpie (so you can write your events on your leg)

Food & Drinks

Money (Even if you bring a full cooler you know you will want something from the concession stand. If we have an away meet we usually stop somewhere to eat on the way home.)

Something to keep you entertained between your events (books, DS, ipod, cards, games...)

Spectators

Lawn Chairs

Tent, if you have one

Sunscreen

Food & Drinks

Camera

Something to keep you entertained while your child is not competing

Some good things to pack for your swimmer to eat and drink during the meets are grapes, strawberries, cantaloupe, watermelon, crackers, and water, juice and Gatorade/Powerade. Your swimmers need a lot of fluid during the meets because of the heat and all of the energy they use. They do not need to eat foods that are heavy or drink drinks that may make them “crash” after they have worn off.