



Swim Meet 101

The following is an introductory swim meet guide. Please reach out to the coaching staff with any additional questions.

What To Pack

- Warm clothing & 3-4 dry towels per swimmer.
- Healthy snacks (food vendors may not have healthy options).
- Small games and activities.
- Blanket or chair to sit on.

Alto Team Apparel

- Team competition suit.
- Alto team cap.
- Alto team t-shirts.
- Alto Parka.
- Alto sweatshirt.
- Competitive racing goggles.

Arrival

- Swimmers must be in the pool area by the announced check-in time.
- Complete swimmer check-in (circle and initial), swimmers must sign in for every event listed.
- Individually greet your coach and let them know you have arrived and checked in to the meet.
- Our team will typically have 4+ tents at each meet and swimmers sit together under our team tents.
- Parents will set up separately from the swimmers.
- Swimmers will warm up with the team, typically a few minutes after the announced check-in time.
- Swimmers must be on time, those late without advanced notice will not be able to participate.

During the Meet

- Pay attention to the meet timeline and event number to anticipate the next race.
- Swimmers 11 & older are fully responsible for their race preparation, parents cannot assist in any way.
- For swimmers 10 & under, after the swimmer checks and learns their heat & lane assignment, parents may separately go double-check to ensure they read the correct assignment.
- The coaching staff will sit under a coach's tent on deck.
- Swimmers check in with their coach before and after each race, they will receive advice and feedback and also give their coach their heat & lane.
- Swimmers check-out with their coach before leaving a meet session.
- Participate in the parts of the swim meet that foster the team experience: the team cheers, cheering on teammates, etc. Have fun!

Communication

- If unable to arrive on time or if you must leave early, the coaching staff must be notified prior to the meet.
- Swimmers will compete in the recommended events and can never skip or "scratch out" of an event without coach permission.
- Events swum are based on coach recommendation and not on swimmer preference.
- If you have any questions about a meet, please contact the coaching staff in advance.

Volunteering

- Parents are asked to volunteer to time or officiate during the sessions that their child is competing in.
- Meet volunteer sign-ups will typically be sent out the week of the meet.

Additional Information for Parents

- Our goal is to develop independent athletes. Parents are asked to let their swimmer be as independent as possible during the meets. The more swimmers can do for themselves, the better.
- Swimmers visit with the coaching staff immediately after their race. Swimmers can approach their parents after talking with the coach.
- The coach's tent and pool area are for swimmers only. Parents should only be on deck for timing or officiating.
- The team tents are for swimmers only. Parents can set up close by.
- In Pacific Swimming, most of the meets are set up so that swimmers & parents sit in the same area. This requires us to make additional efforts to ensure that swimmers are with their teammates and as independent as possible throughout the meet.
- We ask that parents are always supportive and positive before and after races. The coaching staff will provide all necessary swimming related instruction and feedback.