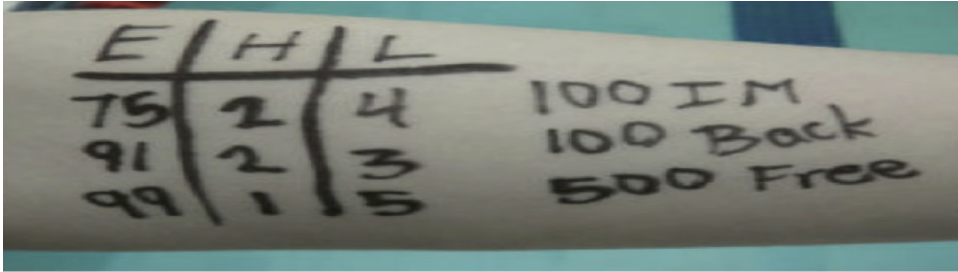


Meet Prep Checklist and FAQ's

PRE-MEET PREPARATION

- Check the Gators website/Meet Packet for:
 - a. Meet time/place
 - b. Warm up time [is my swimmer going in the morning or afternoon session]
 - c. Final coach approved events in which your swimmer is competing
- Pack the swim bag. Your swimmer should bring the following items:
 - a. 2 pairs of goggles
 - b. 2 swim caps
 - c. Extra swim suit
 - d. Towel
 - e. Water bottle and healthy snacks
 - f. Street clothes [if they want to change after the meet]
- Download the Meet Mobile App
This is a great way to track your swimmer's times, events and progress. It is used at multiple meets, not just our home meets. This is not mandatory.
<https://apps.apple.com/us/app/meet-mobile-swim/id422154977>
- Go to the ATM and have cash on hand
 - a. There is an entrance fee for all swim meets [both home and away]. It's typically \$5/person/day.
 - b. Most meets also have cash only concession stands and Heat Sheets for sale which are typically \$2-\$3.

MORNING OF MEET

- To breakfast or not to breakfast. . . .
Your swimmer needs the energy to swim fast. We recommend a light, healthy breakfast on the day of the meet.
 - What should my swimmer wear to the meet?
 - a. A team suit is not required. If you have one, wear it. If not wearing a team swimsuit, try to wear a green one.
 - b. Flip flops or Croc type shoes are recommended on the pool deck.
 - c. Brr—it turns pretty cold mid-season. Most swimmers wear their suits to the pool with sweats over top.
 - d. Swim coat-your swimmer can put this on between events to stay warm if needed.
 - Sharpie your swimmers arm
 - a. Use a black sharpie to write your swimmer's event number and event name on their arm.
 - b. The heat and lane assignments won't be known until your swimmer is already on deck.
 - c. The coach will write the heat and lane on their arm at the meet.
 - d. For relays, write the event name and number. Coaches will assign the order your swimmer will swim on deck.
 - e. Like this. . . or whatever method/order helps your swimmer remember best! [E=event; H=heat; L=lane]
- 
- | E | H | L | |
|----|---|---|----------|
| 75 | 2 | 4 | 100 IM |
| 91 | 2 | 3 | 100 Back |
| 99 | 1 | 5 | 500 Free |
- f. If you see an event listed that you DO NOT WANT TO SWIM, cross it out with a pen instead of highlighting. You may hear people refer to this as “scratching an event” or “scratching from an event”.
 - g. Please make sure you have written your swimmer's event number and event name on their arms prior to arrival!

ARRIVAL

- When should we arrive?
 - a. You should arrive at the swim facility ~ 20 minutes before warm-up starts.
 - b. This will allow you to park, check in, and get ready to swim.
- ALLOW YOURSELF ADDITIONAL TIME IF NEEDED TO FIND A PARKING SPOT! You will not be allowed to park in the lot between the pool and the school. Parking is available in the student lot [the “J Lot” by the football field], on the street and in the main lot off of Grosse Pointe Blvd.
- What door do we use?
Swimmers and spectators should use the doors on Fisher Road closest to the football field parking lot [across the street from the bank].
 - Do we have to pay to get in?
 - a. All spectators/parents must pay to attend the swim meet. It is typically a cash only entry and usually around \$5/person.

- b. If you are volunteering DURING THE SWIM SESSION you are attending, you can attend for free. Only the person volunteering is exempt from payment.

Check-In process

- a. Check-In is usually located inside the entrance before swimmers enter the locker rooms.
- b. To check in, swimmers need to highlight their name and events that are posted to confirm that they are present and swimming. The list of names will be sorted by team. Find your team, locate your name and events and highlight both to signify your presence.
- c. Check-In is required so that the people running the meet know who is in attendance.
- d. **If a swimmer does not check in, they will not be allowed to swim in that session.**
- e. After Check-In, you are ready to get your swimmer to the pool.

PER USA SWIMMING RULES, PARENTS ARE NOT ALLOWED ON DECK! Walk your swimmer to the pool doors, give high fives/hugs/well wishes and your swimmer will enter the pool doors by themselves.

Where does my swimmer go once inside the pool?

- a. **Once the swimmer is on deck, make sure they check in with their coach.**
- b. The team will sit together [for Romp in the Swamp, the Gators will be on the bleachers to the left of the pool entrance]. Have your child find a spot to put their swim bag on the bleachers and start getting ready for warm up [goggles on/cap on].

Warm Up and Meet Start

- a. The coaches will help facilitate warm up. Each lane will be packed with swimmers during warm-ups. Remind your child that this is the time to loosen up their limbs and get ready to race. Save your energy and speed for the actual race!
- b. Before the meet starts coaches will write the heat and lane assignments on your swimmer's arm.
- c. There are parent volunteers on deck to help make sure your child is safe. Coaches will help facilitate getting your child to the right lane at the right time for the right race.

MEET BEGINS

Where do I sit?

Spectator seats are all located in the upstairs area of the pool. If you need elevator assistance, please let a Gator volunteer know and they can assist you in locating the elevator. Look for the people in the crowd wearing their Gator gear! While there are no designated seats, typically spectators for each team sit together.

Where do I go if I'm volunteering?

Volunteer check in is located in the hallway just past the pool entrance. You must check in at this desk for all duties. It gets extremely hot at the pool! Dress appropriately. If you are working on deck, wear shoes that can get wet.

What's a Heat Sheet?

The heat sheet is the list of every swimmer for every event for the entire swim session you are attending. They typically cost \$2-\$3 cash. Here's an example of how to read the heat sheet:

The diagram shows a heat sheet for the event "#13 Girls 8 & Under 25 Yard Freestyle". A red box labeled "Event #" points to the event title. A blue box labeled "Heat # 1" points to the "Heat 1 of 2 Finals" header. A green box labeled "Lane #" points to the "Lane" column header. The table lists swimmers with their lane numbers, names, ages, teams, and seed times. The swimmer "Love, Laniyah" in lane 6 is highlighted in yellow.

#13 Girls 8 & Under 25 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
2	Matthew, Mariana	7	LP-NC	42.44
3	Frame, Aubree	7	CCST-NC	35.87
4	Mercer, Jillian	7	LP-NC	37.64
5	Zelakowski, Caleigh	7	LP-NC	50.80
Heat 2 of 2 Finals				
1	Lockwood, Peyton	7	LP-NC	29.20
2	Albrecht, Alize	8	LP-NC	24.60
3	Denton, Grace	8	LP-NC	22.56
4	Wilson, Kendall	7	CCST-NC	23.79
5	Krumb, Claire	7	CCST-NC	27.75
6	Love, Laniyah	7	LP-NC	31.88

#14 Boys 8 & Under 25 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals				
1	Frame, Mason	8	CCST-NC	27.84
2	Bighans, Kaleb	8	CCST-NC	23.84
3	McDevitt, Sean	8	CCST-NC	20.97
4	Howe, Sam	8	CCST-NC	23.19
5	Croly, Trace	8	CCST-NC	24.79
6	Blume, Thomas	7	LP-NC	53.59

Do we have to stay for the entire meet?

We encourage all swimmers to stay and cheer on their teammates! If you need to leave early, organize a departure time with your swimmer prior to the meet start. You will not be allowed on the pool deck.

How long does the meet last?

Expect the swim meet to last the entire time posted. Some meets will end a little early and some meets may go over the posted time. Typically, you will be at the pool for the entire session time.

How to I sign in to the WiFi?

There is no guest sign in for guests at GPPSS. When accessing the wifi through your phone or computer, you will be asked to sign up for access with a valid email address and agree to their terms of service.

Follow Grosse Pointe Gators on Facebook for "day of" updates regarding warm up time changes and other important event information. If you are swimming in the second session of the day, these updates can be super helpful!