

DCST SWIM MEET PARENT CHEAT SHEET



Pack

Swimmer

- Team suit x2
- Goggles x2
- Warm clothes
- Snacks & water
- Team cap x2
- Towels
- Sandals
- Activities

Parents

- Sharpie
- Snacks & water
- Cash for concessions
- Chair/blanket if needed
- Portable charger

Arrive

- Be there 15 minutes before your swimmer's scheduled warmup.
- Find the team area.
- Swimmer checks in with their coach.
- Complete any required meet sign-in.
- Find the heat sheet and mark the swimmer's arm.
- Be ready when your group's warmup begins.

Know Your Numbers

EVENT = What race?

HEAT = Which group?

LANE = Where?

Example:

Event 12 • Heat 3 • Lane 5

Write **Event / Heat / Lane / Stroke** on your swimmer's arm with Sharpie.

Event	Heat	Lane	Stroke or Relay Position
12	3	5	50BK

Get to the Race

8 & Under: Listen for the **bullpen** call. Report with cap & goggles. Volunteers will take swimmers to their lanes.

9 & Older: Watch the current event and get behind your starting block **before your heat begins**.

If you miss your race, **you don't get to reswim it**.

Events/heats may be combined. Watch the actual meet and heat sheet rather than relying on Meet Mobile's estimated start times.

After the Race

RACE → COACH → TEAM/FAMILY AREA

Then rest, drink, snack, use the bathroom, and watch for the next event.

Before You Leave

CHECK WITH YOUR COACH! Your swimmer may still be needed for a **relay**, even after finishing all individual events.

Important

- **NO PARENTS ON DECK** unless volunteering or serving in an official capacity.
- **NO PHOTOS, VIDEO OR CELL PHONES BEHIND THE BLOCKS** at either end of the pool.
- Questions about results or officiating go through your swimmer's coach, not an official.

Quick Tips

- Meet Mobile is helpful, but **don't rely on it**.
- Scoreboard times are **not necessarily official**.
- Most sessions last about **4 hours**.
- Pools are **HOT**. Dress accordingly.
- Confused? **Ask a coach or another DCST parent**.