



Meet Day Checklist

Before Leaving Home

- Review the meet information for location, arrival time, warm-up schedule, and parking details.
- Pack a swim bag with:
 - BASS, NAVY, or Technical racing Suit
 - BASS Cap, and Goggles (backups are recommended)
 - 2-3 Towels
 - Warm layers/change of clothes
 - Water bottle and healthy snacks
- Make sure your swimmer knows their events.

Arriving at the Meet

- Arrive on time for team warm-up.
- Check in with coaches and find the team area.
- Review event numbers, heats, and lanes using the heat sheet or meet app.

During the Meet

- Swimmers will stay with the team on deck, listen for event calls, check in with coaches before and after races, and stay prepared between events.
- Parents will either:
 - Sit in the stands where they are encouraged to relax, support their swimmer, and cheer for our BASS Swimmers.
 - Be a Timer or Stroke and Turn official on the deck

If you have questions, our coaches and experienced families are always available to help you.