

READY, SET, SWIM! FIRST MEET INFO

WHAT TO BRING, WHERE TO GO, AND HOW TO SUPPORT YOUR SWIMMER

WHAT TO BRING

- Swim suit, KBM cap, and 2 pairs of goggles
- Clothing (preferably KBM gear) that includes a sweatshirt, sweatpants and flip flops or Crocs
- 2 towels
- Refillable water bottle
- Nutritious snacks (fruit/veggies, cheese/crackers, yogurt/oats etc.) [Click here for ideas!](#)

Watch
our meet
prep video
here!



ATHLETE ARRIVAL & CHECK IN

Athletes should arrive 15 min before warm-up and check in with the coach. Coaches will then guide swimmers to posted heat sheets. Swimmers 12 & under will be marshalled to their heats and lanes.



RESULTS

Swimmers can check results on deck; parents can use Meet Mobile, SplashMe (QC meets), or our events page. Report errors to the coach. Final results are sent to Swimming Canada & posted on



swimrankings.net

PARENT CHECKLIST

- Review events the night before (skip heat/lane details)
- Remind them to check in with their coach at arrival & post-race
- Encourage them to do their best, support their team & have fun
- Encourage them to embrace missed races, DQs, and mistakes as learning

Find Home Meet information here: SWIMKINGSTON.CA

