

BASIC GUIDE TO COMPETITIONS



1. WELL IN ADVANCE OF MEET DAY

Check which events you have been accepted for, which sessions you are swimming in, and the warm up times for these sessions.

Check the notice board and check the website for any updates. Make a note of the phone number of the coach on poolside.

2. PACKING YOUR BAG

You should always pack your bag the night before and make sure that it contains -

Swimwear/clothing - For each session in the meet you will need at least 1 costume, towel & t-shirt. Always take 2 pairs of goggles & 2 caps. Use plastic bags inside your main bag to keep dry and wet things separate. Your T-shirt is to keep you warm so don't use it as a towel and dry off before putting it on.

Food and water/drink – Bring enough food and drink to keep you going for the time that you are at the competition. Think about grazing through the day rather than lunch and/or tea (see nutrition guide for more detailed information).

Something to do - Magazines or a book, to relax & pass the time between races.

Change - for telephones, lockers etc.

Medication - eg inhalers need to be on poolside - hand to the coach at the start of the meet, and lock any spares safely away.

3. ON THE DAY

Always arrive in good time. You should be on poolside at least 15mins before each warm-up – sometimes earlier – check if you are not sure.

At the beginning of the day, check the meet rules with the coach. Know which swims are in which session and be aware of when & where to report for marshalling or racing.

Support your team-mates and sit well back from the pool edge to let judges officiate and other swimmers pass.

Let the coach know if you need to use the toilet or would like to leave poolside for any other reason AND return promptly, races can go past very quickly!

Report to your coach before your race to discuss goals & race plan AND report back immediately after your race.

Check results posted to see if you have qualified for a final/medal. If you are selected for a relay or qualify for a final, you are expected to compete in it. If you withdraw from a race after the cards have been posted you may have to pay a fine. If you withdraw late from a final the organisers may bar you from competing in the rest of the competition!

In between races, stay warm and prepare for your next event.

Above all -

HAVE FUN, DO YOUR BEST AND BE A GOOD SPORT!