

Hello and welcome, my name is Amie and I have three swimmers this season with the Barracudas. After a lot of chatting with other families on deck I realized how many questions people had regarding the out of town meets. So I thought I would share my family's experiences and some of the awesome ideas I've stumbled across from other swim families. Of course if you ever have a question it's always best to reach out to your child's coach, they are the best informed about what to expect at any swim meet. This is not meant to be a list of "must do" things, it's just tips and tricks for getting through a swim meet weekend - as one of my kids hoodies says "If this is my last day on earth then take me to a swim meet, they last forever". So take or leave whatever information you feel like.

Prince Rupert is a long drive but it is one of my family's favorite meets. The scenery is beautiful, the people are inviting and the atmosphere is cosy. The kids always have a lot of fun at this swim meet and it's a lot less pressure than say Kamloops can be.

1) Spare items you should try to bring if you can:

-goggles: straps break right before races and it's good to have a back up, if you don't have a spare you can always encourage your swimmer to ask a friend.

-swim suits: not as often as goggles but swim suits fail too and besides it's always nicer to have a dry one to put on the next day.

-towels: 2-3 if you have the room, they can get so wet and can take a long time to dry if they are a regular terry towel.

*TIP: Microfibre towels are awesome for travelling, they take up about the same amount of room as a tshirt and dry really fast. You can get them at Stride and Glide Sports and or Amazon.

-water bottles: we always seem to drink more water when we are out of town.

2) Camp chairs, Prince Rupert supplies seating but you can bring a camping chair to put in the designated zones and they are a lot more comfortable.

Sometimes the pool will allow you to leave your chair overnight so you don't have to pack it back and forth to your hotel - you need to ask before just leaving it though. You can also throw an extra chair in for your child to sit on in the athlete area. *Swim meets like Kamloops have lots of stadium seating and don't want chairs on deck - bring a cushion to sit on if you can, stadium seating is not your back or derriere's friend.*

- 3) Food, I know time is hard to come by but if you can bring a pre made meal along it really helps. Especially the first day of the meet when it runs a little later. *TIP: bring a crockpot to heat food up while swimming, I learned this from another family by having to walk past their hotel room and smell the delicious dinner inside. My family likes chili, greek pasta salad with chicken or a taco salad but ask around the pool and you will get lots of other great ideas.
- 4) Snacks always pack a lot of snacks.
- 5) If you plan on going to multiple meets during the season you might want to look at downloading and subscribing to the app MeetMobile. It's a heat sheet for almost all of the meets our club goes to, right on your phone. That being said Prince Rupert didn't use it last year so bring change. You can purchase the heat sheets at the pool for around \$2-5 (prices change so plan accordingly). Don't know what a heat sheet is, well it's basically the order of events for the day and times that the swimmers will swim. I've included a how to read a heat sheet at the end of this letter.
- 6) This is a must (not a take it or leave it). Make sure your swimmer checks in with their coaches when they arrive at the pool and before leaving the pool. The coaches always have important information to share.
- 7) Warm clothes for your swimmer to wear between races. I have a swimmer who is always cold between races and I can't say enough good things about a swim parka but if it's your first season or you're not ready to commit to a parka make sure you have hoodies and sweatpants or any warm clothes for the swimmer to wear between races. These should be able to get wet (the

kids put them on over their swim suits) and be something that will dry overnight hanging up in a hotel bathroom (or bring extra).

- 8) Meet Package: all swim meets have them and it is good to have a look through them before you go. They contain key information such as: location, schedule, eligibility, procedures, rules and regulations etc. Our website usually has them included under where you sign up for a swim meet, however you can also just look up the host cities swim team website and usually pull it from there.



Image of the Early Mah Aquatic center in Prince Rupert, where we will be competing Oct. 24-26.

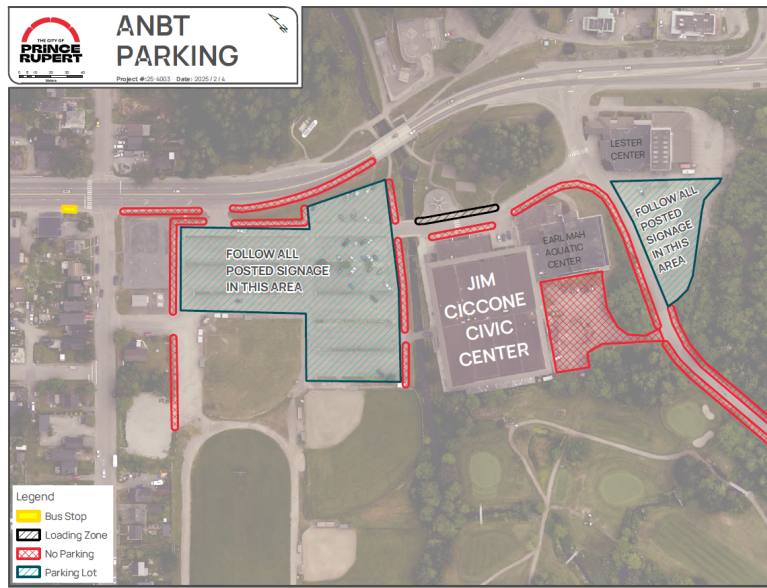


Image of the Earl Mah Aquatic Center Parking. Green highlight is parking. Just across the road from the aquatic center is a beautiful walking trail. To access it you cross under the highway from the parking lot.

Heat Sheet Sample:

Event number	→	Event 21 Girls 6 & Under 25 SC Meter Freestyle				
Heat number	→	Heat 1 Finals				
		1	Nolasco, Katy	6	LAKY-OH	XNT
		2	Reed, Abbie	5	LAN-OH	XNT
		3	Glossner, Gabrielle	5	LAKY-OH	X39.43
Lane number	→	4	Carlin, Emilee	5	LAN-OH	XNT
		5	Yanzsa, Sarah	6	LAKY-OH	X36.28
		6	Charles,, Cecilia	6	LAN-OH	XNT
		Heat 2 Finals				
		1	Maushart, Jaclyn	6	LAKY-OH	31.59
		2	James, Audrey	5	LAN-OH	NT
		3	Downs, Abigail	6	LAKY-OH	26.75
		4	Miller, Anna	5	LAN-OH	NT
		5	Decker, Isabelle	5	LAKY-OH	26.37
		6	Schueler, Delaney	6	LAN-OH	NT

Swim meets are organized by events. An event is an age group, gender, stroke and distance combination.

Events are arranged by heats. Each heat is a separate race in the pool.

Swimmers in the same heat are each assigned a lane. Some pools have 6 lanes, some like ours have 8, there are also 10 lane pools.

Seed Time refers to the best time the swimmer has in that event. If they have never swam the event, you will see NT for “No time on record”.

I hope to see all of you in Prince Rupert.