

RACING Checklist



1. ENTERING

- ☐ Ask your coach which events to enter for the upcoming meet
- ☐ Parent checks entry deadline and child's eligibility to enter (on Fastlane)
- ☐ Tell the coach if your child cannot swim in a relay
- ☐ Enter swimmer on Fastlane by the deadline

2. PRE MEET

- ☐ Check psych sheet for correct entries on Swimming Canterbury
- ☐ Parent and swimmer check the timeline for warm-up and race times
- ☐ Check the app for any pre meet training schedule changes
- ☐ Check the app for last minute meet reminders
- ☐ Let the team manager or coach know if you child is suddenly unable to attend, or arriving to the meet later than expected

3. MEET DAY

- ☐ Arrive 30 minutes before warm-up starts
- ☐ Tell team managers or coach if your child has any strapping/taping
- ☐ Swimmer talks to the coach before and after each race
- ☐ Parent and Swimmer don't leave the pool without checking with the team manager
- ☐ Swimmer must not use a phone at the meet

4. POST MEET

- ☐ Check the app for any post meet training schedule changes
- ☐ Make note of the next meet!