**What you need to know for a Competition**

**Time of arrival**

When going to a competition it is important to know what time the warm up starts and arrive **30minutes** prior to this. This allows you to get to know your surroundings and be ready for Pre-Pool which will start 15minutes before the warm time.

* Make sure you know what races you are competing in.

**What kit will you need to take with you?**

* Towels
* Hat and goggles
* Swimsuit
* Spare hat, goggles and swimsuit
* COPS kit
* Trainers
* Warm clothing

**Staying over night**

* Spare COPS kit
* Spare towels
* Spare swimsuits
* Pyjamas
* Pillow
* Enough snacks for the weekend
* Warm clothing

Don’t forget any medication you may need (inhalers, epipens, etc.)

**What food will you need to help you perform your best?**

* 2 Water bottles – 1 with water and 1 with diluted squash/juice/electrolyte, to make sure you stay hydrated

Snacks:

* Dry Cereal
* Granola Bars
* Yoghurt
* Dried / Fresh Fruit
* Nuts
* Sandwiches (banana/ jam/ honey)
* Malt Loaf
* Popcorn
* Rice Cakes
* Low Fat Rice Pudding
* Fruit Cake

Lunch:

* Pasta (with vegetables, tomato based sauce, meat)
* Salad with a protein source
* Baked Potato with low fat filling

Avoid:

* Sweets (haribo/ fruit gums etc.)
* Fizzy drinks or drinks high in sugar
* Mayonnaise based pasta dishes