



MEET PREP
YOUR GYM LOGO
(add or stamp here)

Meet Day Checklist

Pack it, plan it, nail it

MEET

DATE

LOCATION

LEVEL / SESSION

REPORT TIME

WARM-UP TIME

PACK THE BAG

BEFORE WE LEAVE

- ☐ Competition leotard
- ☐ Grips + wristbands
- ☐ Warm-up jacket / pants
- ☐ Hair tie, gel, brush
- ☐ Water bottle
- ☐ Snacks (meet-legal)
- ☐ Tape / pre-wrap

- ☐ Eat a real breakfast
- ☐ Hair done + secured
- ☐ Nails trimmed
- ☐ Leo on / packed
- ☐ Confirm carpool + arrival
- ☐ Phone charged
- ☐ Bring this checklist

DAY-OF TIMELINE

Arrive / check in

Open stretch

Timed warm-up

March in / national anthem

Rotation 1

Rotation 2

Rotation 3

Rotation 4

Awards