

SWIM PARENT ESSENTIALS – SWIM MEETS

As a new parent to the sport of swimming there are some essential items you will need to know. This guide has been put together by the coaching staff and will hopefully help to answer some questions you might have around swim meets.

Every September the HSSC coaches will send out a list of the proposed competitions for the upcoming season. The type, level and format of competitions vary greatly depending upon age, ability and time standards. Hopefully this quick guide will begin to help you understand the swim meet continuum and what level of competition your young athlete will be at.

1. MINI MEETS

These are the first meets our young athletes will participate in. These meets are very informal. They are hosted by our own club and will feature only our own swimmers. These competitions are meant for all of the clubs athletes. There are often 3-4 of these meets per season. We will track the swimmers' progress through their times at these meets. They are free of charge and our own parents are asked to volunteer to come and help run the meet.

2. PASS MEETS

This is the next level of competition within the club. Pass meets happen monthly and are often hosted by one of the other swim clubs in the Fraser Valley area (Langley, Surrey, Chilliwack, etc). These meets are aimed at swimmers in our younger groups who are just beginning to compete. Coaches will inform their swimmers when they are ready to attend Pass Meets. These meets often cost a small fee (\$10-\$20) and are relatively short (4 hours). The goal at these meets is for swimmers to learn the competitive element of the sport. The ultimate goal as swimmers get older is to graduate from this to the next level of competition the LMR (Lower Mainland Regional) swim meets. To do so swimmers must demonstrate proficiency in all 4 competitive strokes by achieving a time of 4:00 or faster for 200 Meter Individual Medley.

3. LMR MEETS

LMR Meets are the third level of competition for our swimmers. Swimmers are able to attend these competitions once they have achieved a time of 4:00 or faster in the 200 Individual Medley. These meets take place on weekends about once every month around the lower mainland. These meets expose younger swimmers to all of the competitive events in a relatively low stress environment. The purpose of these swim meets is improvement and for swimmers to work towards their Provincial competitive Time Standards. These meets are often 2 days for about 4-5 hours each day. At this level the meets will often cost between \$40-\$60 for the swimmers to attend.

4. INVITATIONAL MEETS

When swimmers get to the LMR and competitive levels they are also able to attend Invitational competitions. These are swim meets hosted by clubs around the province. They may take on any format and be for any level of swimmer. They are the most common meets for swimmers who are towards the faster end of the spectrum and are approaching their AA and AAA Provincial time standards. These meets are also on weekends and may be 2 or 3 days. They will often cost around \$50-\$70 per swimmer,

5. PROVINCIAL CHAMPIONSHIP MEETS

Swimmers who have moved through the LMR levels will work to achieve their provincial standards. There are two Provincial levels swim meets AA Champs and AAA Champs. These meets take place around the province twice per calendar year. Swimmers are split into different categories based on age and they are able to attend these meets once they have achieved at least 2 Time Standards.

6. NATIONAL LEVEL MEETS

The final stages of youth swimmers within the province are the Youth and Senior National levels. Once swimmers have achieved their AAA times they work towards getting their Youth National times and are then able to attend a Youth National meet. These meets are held at different locations around Canada twice per year. Following Youth National is the Senior National Level. This is the top level of swimming in Canada. Swimmers with Senior National level times compete at Olympic Trials and other national events with the top swimmers in the country.

ALL TIME STANDARDS ARE POSTED ON THE CLUB WEBSITE