

Important Information about Swim Meets

Signing Up for Swim Meets

1. Information about individual meets can be found on the Meet information sheet. Usually this will be sent by email from the Team Manager as an attachment. It can also be accessed from the Florida Swimming website under the Meet Schedule tab.
2. Currently at CAT, the coaches pick the events that your child will swim at the swim meet. The CAT manager will send out an email indicating races the coaches would like your swimmer to swim.
3. If you have any questions about your child's events, please ask your coach. The swim meet entries have to be turned in by a specific deadline, so it is important to finalize everything prior to the deadline.
4. If you are unable to attend a swim meet or you are only available to attend on certain days, it is important to notify the Team Manager so they do not enter your swimmer in the meet. Once the deadline has passed, your account will be charged for all the meet entry fees.

What to Bring

1. Swimmers will need to bring or wear their team suit. They will also need a team cap, goggles, 2-3 towels, flip flops, a small cooler with healthy snacks and drinks, a chair, a change of clothes, reading material, etc... Most swimmers carry their things in their swim bags.
2. Parents should also come prepared with chairs and a cooler of food and drinks. Other important supplies include a marking pen (Sharpie), highlighter, sunscreen, hat, sunglasses, reading material, knitting supplies, etc...

Arrival at the Meet

1. Directions to pools for "away" meets can be found on our webpage. Click on the Meet found under the Events tab and there you will find a link to the directions.
2. Arrive at the pool 15-20 minutes prior to warm-up. Warm up usually starts 45-90 minutes prior to the start of the session. For example, if your swimmer is swimming in the morning session and the meet starts at 8:30 a.m., then you should arrive at the pool by 7:00 a.m. Specific arrival times are usually announced by an email from the CAT manager.
3. Be sure to have your swimmer check in with the CAT team coach upon arrival.
4. The CAT swimmers usually sit together under the CAT tents on the pool deck. The swimmers will need to bring their own chair.

Swimmer/Parent Seating Areas

1. At most pools, there is a designated area for swimmers to sit on the pool deck. The CAT team will set up several tents for the swimmers to sit under in this area. The swimmers can set up their chairs, coolers, and games and make themselves at home.
2. Parents are usually NOT permitted on deck and do NOT have direct access to the swimmers. This can make new parents feel a bit uneasy. The CAT team designates a couple of volunteer parents as chaperones. These volunteers are given a deck pass and are responsible for making sure all the young swimmers make it to the appropriate events, heats and lanes. The swimmers are usually permitted to come out to the area where the parents are located. Please have your young swimmers check with the chaperone before leaving the CAT tent area.
3. Parents usually sit together in a viewing area separate from the swimmers. If you have a private tent, you can bring that to the swim meets. Each facility is different, so please ask where the swimmers and parents are expected to sit if you are uncertain.

Heat Sheets

1. The heat sheets are the booklets that list what the swimmers are swimming. They can usually be found and purchased at or near the concession stand. The cost of the heat sheet varies by facility, but is usually around \$10 for the entire meet. This form/book tells you the Events, Heats, and Lanes for every swimmer in the meet.
2. Use your highlighter to mark your swimmer's name for each event they are swimming in the heat sheet.
3. Many swimmers write their Event (E), Heat (H) and Lane (L) information on their arm or leg with a Sharpie (see below). This will be an easy reference for them to keep track of when they are supposed to swim.

	E	H	L
200Free	5	3	4
50 Breast	17	9	7
100 IM	25	6	4

Race Time

1. Swimmers should pay attention to the progression of the meet so that they are aware of their events approaching. A swimmer should line up behind the blocks a few heats before they swim. The chaperones will assist the young swimmers with being in the right place at the right time.
2. The coaches like for the swimmers to see them before and after they swim their event. This allows them to give the swimmers advice and make corrections in a timely manner.

3. The swimmers should also warm-down in the designated warm-down lane or pool following their race and following meeting with their coach.

Results and Posting

1. A swimmer's time can often be seen on the scoreboard when the swimmer finishes the race by touching the touch pad. The swimmer can also ask the timers for their finish time. These results are not considered official times.
2. The official times and places of events will be posted in a designated area after all the results have been confirmed by the swim meet officials. The results are always posted in an area accessible to parents.
3. Awards are sent home with the coaches and will be distributed in the folders as soon as possible.

Departure

1. Always have your swimmer check out with your CAT team coach before leaving.
2. Please check to see if your swimmer is participating in a relay. Many times the relays are the last races of a session. Sometimes the coaches make swimmer changes at the last minute.
3. Please remember to collect all your belongings and make sure your area is cleared of trash before leaving. We want to leave the host team with a great impression of CAT.

Most of all... Have Fun! The swimmers really look forward to the Swim Meets. Please ask for help if you need it. This is a wonderful sport and we look forward to seeing all of you at the meets. GO CAT!