

## WHAT TO DO BEFORE A SWIM MEET

1. Go to our team website and click on the Calendars link. Most swim meets are posted prior to the start of the season.
2. Typically a month before the swim meet, the meet information will be posted on the website (in the blue sidebar), and will be available for registration via the Swim Meet Registration link.
3. Entries are due at specific times. Please pay attention to the due dates that are listed in the blue sidebar. All entries take place via the website link: Swim Meet Registration.
4. Meet entry reports will be posted on the website (blue sidebar) once the meet closes and is confirmed. Please check to make sure your swimmer appears on this report.
5. You can find out more about warm-up times and meet information at [www.lakeeriewimming.com](http://www.lakeeriewimming.com), and it will be posted on the main page of the Medina Swimming website.

## WHAT TO BRING TO A SWIM MEET

1. Swim suit. Makos are required to wear an all black swim suit.
2. Goggles. It is recommended that swimmers have two pairs of goggles in case one of them breaks.
3. Swim Cap. All Makos (boys and girls) are required to wear the black Medina Makos cap during swim meets. These are available at the pool (1 for \$10, 2 for \$15), please see Coach Cori before/after practices.
4. Towels. Realize that your swimmer will be there a while, so pack at least two!
5. Something to sit on. Often times, the swimmers area may be located in a gym or cafeteria.
6. Sweat suits or team apparel to wear between events.
7. Snacks and water. Healthy snacks (granola bars, cereal) and water, water, water!!
8. Flip flops or crocs. Swimmers should wear something on their feet when walking around the pool deck or outside in hallways.
9. Special Note for PARENTS: The pool area is VERY warm. Therefore, YOU should dress appropriately. Nothing is worse than being hot at the swim meet!

## WHAT TO DO ON THE DAY OF THE SWIM MEET

1. Arrive to the pool 15-20 minutes prior to warm-up. Parking, finding a seat and 'check-in' sometimes takes a few minutes. Please have your swimmer dressed prior to arrival to the facility. Locker rooms are crowded, and every once in a while a swimmer realizes they left their suit at home.
2. Your swimmer should find a place to put their backpack, towel, etc. *Our team sits together, so find some familiar faces.* Swimmers are not allowed to put their belongings in the parent's bleachers.
3. 'Check-in' - this is a MUST (USA Meets) If you do not check in the meet, your swimmer will not be able to swim regardless if you paid your entry fees. Check-in sheets are typically located in the foyer area of the pool. Please check-in prior to warm-ups.
4. Once checked in, help the swimmer write each event number on their hand with ink. This helps the swimmer remember what events they are swimming and what event number to listen or watch for. *(Ink is not allowed on any other part of the body according to our code of conduct).*
5. Relays are decided upon by the coaching staff.
6. Swimmers should put their caps and goggles on and report to the pool deck for warm-ups and any instructions from the coach.
7. Your swimmer must compete in every event they are entered in. For extraordinary reasons, approval to 'scratch' the event must be given by the coach.
8. According to the USA Swimming rules (due to insurance reasons), parents are not allowed on deck unless they are serving in an official capacity.
9. Purchasing a psych sheet is optional. The psych sheet shows your swimmer's preseeded ranking versus other swimmers (excluding late entries). The sheet usually costs around \$5.
10. Swimmers are expected to attend meets that they have signed up for. If an emergency arises, and your swimmer is unable to compete at the meet, a phone call or email to the head coach is required prior to the meet. Without a phone call, your swimmer will be unable to compete in the next meet. No refunds will be given.

## LATE ENTRIES/DECK ENTRIES

If you missed the team's deadline for entries, late entries are due to the meet host no later than 30 minutes prior to the start of the meet. You must bring your USA swimming registration card, a print out of your swimmers time, and check or cash. You must complete a late entry form.

## WHEN THE MEET BEGINS

1. The meet usually begins 10-15 minutes after warm-ups end.
2. It is important for any swimmer to know what event number he/she is swimming. The swimmer may swim right after warm-ups or may have to wait a while.
3. A swimmer's event number will be called over the loudspeaker, and the swimmer will be asked to report to the starting blocks or "bullpen" or "clerk of course" which are staging areas. The bullpen volunteers will line up the swimmers and take them to the starting blocks. At some meets, there is no bullpen, and the swimmer must get themselves to the starting blocks on time.
4. The swimmer swims the race.
5. After each swim:
  - *The swimmer should then go immediately to their coach.* The coach will ask him/her their time and discuss the swim with the swimmer.
  - Generally, the coach follows these guidelines when discussing swims:
    - positive comment or praise
    - suggestions for improvement
    - positive comments
7. Things you can do as a parent after each swim:
  - Tell your swimmer how great they did! The coaching staff will be sure to discuss stroke technique with them. You need to tell them how proud you are of them.
  - This is another good time to check out the bathrooms, get drinks or something light to eat.
  - And of course, to cheer on the other Makos swimmers! T
  - The swimmer will now wait for their next event.
8. When a swimmer has completed all his/her events, there is one more thing to be done before the swimmer can go home. *Check with the coach to see if your swimmer is in a relay* and then clean up your area.

## HEAT SHEETS

These sheets are typically posted around the perimeter of the pool. Heat sheets are usually not available to the meet spectators. These sheets show which heat/lane your swimmer is swimming. Typically most meet run slowest to fastest. Most meets are run with girls being swum in odd numbered events and boys being swim in even numbered events.

## MEET RESULTS

Meet results are typically posted within 4-5 days from the last day of the meet. You can find meet results at [www.lakeerieswimming.com](http://www.lakeerieswimming.com) and click on 'meet results'.

## USA SWIMS DATABASE

When the swim meet is over, the meet host sends the information to the appropriate officials and is audited. Once that process is complete, the information is uploaded to [www.usaswimming.org](http://www.usaswimming.org) (click on time/time standards, then select individual times).

## ABOUT TIMING

### ***What do timers do?***

1. Prior to the start of the meet, the timers will be asked to attend a meeting, where you will be given a stopwatch and shown how to use it. You will then be assigned to a lane and a head timer for that lane will be selected.
2. The head timer writes down the times from all the timers for his/her lane.
3. If your timer malfunctions, you hit the wrong button or you forget to hit the start or stop button, there are back up timers who can be called over to finish timing in your place for that heat.
4. When the meet begins, pay close attention to the Starter in order to begin timing. Watch for the flash from the strobe-light to immediately start your watch. If there's no flash, listen for the starting beep instead.
5. Lean over the end wall to stop your timing immediately when you see the swimmer touch the wall. Then report that time to the head timer of your lane.
6. If there are touch pads in use, you may also have a separate button in your other hand that you simultaneously press, but only for the finishing touch.