



SWIM MEETS F.A.Q

How do I know if I am ready to enter a swim meet?

Most swimmers, Developmental One's on up are ready to swim at a swim meet. If you are in the Water Frog workout group or if you are unsure about whether you should sign up for a meet just ask your coach.

Which swim meets should I attend?

If you look at the meet schedule on the web site you are eligible to swim at all meets that don't say "all qualifiers".

Upcoming meets that you are eligible for include:

The Woodland meets are fun "home" meets that everyone should plan on attending. Another fun aspect of being on a swim team is going to a team travel meet. We attend a meet and usually have team activities. It is a great trip for the family.

Where do I find out about swim meets?

Meet Schedule: The meet calendar is on our website at www.woodlandswimteam.org and we always have the upcoming schedule in our bi-monthly newsletter.

Meet Sheet: A Meet Sheet contains all of the information on the swim meet; the dates, location (directions), warm-up times, schedule of events, and much more. Meet Sheets can be viewed or downloaded from Swim Connection at the following link: <http://www.swimconnection.com/sn/>. Additionally, we also email meet sheets as they become available and hard copies are put in the back of the swim files at the pool.

How do I sign up for a meet?

There are two ways of signing up for swim meets.

1. Sign up online on Swim Connection.
2. Fill out a SAMMS card and mail in your entries.

The easiest way to sign up for a meet is to sign up online on Swim Connection. If you want to mail in your entries please have your coach show you how to fill out a SAMMS card.

How do I sign up for a meet on Swim Connection?

First, you should join Swim Connection, which is free for all Sierra Nevada Swimmers. Go to the Swim Connection web site. <http://www.swimconnection.com/sn/>

Become a Member :

- On the member navigation bar at the top, click on "Login".
- In the "Why Join" box at the right, click on signup.
- Fill in the form and follow the instructions to activate your account.

Once you become a member:

- Log into swim connection
- Click "add swimmer to profile" (this is where you will add your child to the account - which will allow you to enter meets)
- Enter your swimmer's 14-digit USS ID number. Your USS ID number is as follows:
 - 6 digit birth date, first 3 initials in your first name, middle initial, & your first 4 initials in your last name.
 - Example: Suzy Q Swimmer born on July 4th, 1995 = 070495SUZQSWIM
 - If you do not have a middle name put an *.
 - Example: Suzy Swimmer born on July 4th, 1995 = 070495SUZ*SWIM
 - If you have less than 3 initials in your first name or less 4 initials in your last name put an * there too.

Once you have your swimmer(s) in swim connection you are ready to sign up for a meet!

Enter a Swim Meet:

- Go to Swim Connection <http://www.swimconnection.com/sn/>
- Click on the "Enter Meets" tab at the top of the page.



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- Select the meet you want to enter from the list of meets
- Download and print the Meet Sheet on the meet navigation bar on the top. There are often important entry limits in the meet sheet that should be known.
- Click on "Online Meet Entry"
- Click "Swim Connection Member".
- Login; Enter username and password.
- Fill in your events and times:
 - Swim Connection should already know your best times, but you can change them here if not.
 - If you do not have a time for an event that you want to swim, please put "NT" in the Entry Time field.
 - If you do not want to swim an event where there is a time listed, please delete the time so the Entry Time field is blank. You will not be entered in this event.
- After the events and times are entered, proceed to Payment.
- Once completed you will receive two emails; one confirming the events and the other confirming payment. KEEP BOTH for your records and bring them to the meet.

What do I need to do to prepare for the swim meet?

Make sure you bring all of your swim gear; team suit, team cap, goggles, and more than one towel. Make sure you prepare for the weather by bringing proper clothing; parkas, sweaters, extra pants if cold. Bring nutritional foods to the meet too. Also, bring a cooler or food so your will child eating properly to maintain energy. (This is very important!)

What do I do when I arrive at the meet?

Make sure you arrive 10-15 minutes prior to the beginning of warm-ups or when the coaches tell you to be there.

Check in for your events

Go to the "Clerk of Course" and check in for all of your events. If you do not check in for your events you **will not** be able to swim those events. Ask for help from a coach if you have any questions.

Check in with your coach.

After you check in to your events, check in with your coach to see when they want you to get ready for warm-ups.

Sit with the team.

We like to have everyone on the team sit in the "team area". Talk to the coaches if you can't find the team area.

How do I know when I am supposed to swim?

The heats will be posted before each event. If you can't find where they are posting the heats please talk to a coach. Many swimmers write down there event numbers on there hands to help them remember the event number.

PLEASE NOTE: If you have any questions about any of the above please don't hesitate to talk to a coach.