

Swim Meet Guide for Parents & Swimmers

Club swim meets can last up to four hours depending on the meet. Usually meets are on Saturdays and Sundays, but some higher level meets can be anywhere from three to four days.

In a normal meet there are usually two sessions a day. A morning and afternoon session. Teams will be assigned certain warm up times for each meet and different age groups will compete at different sessions. Warmups can be anywhere from twenty minutes to an hour prior to the meet starting.

Meet Warmup Procedures for Swimmers:

- Swimmers are to arrive on deck at the time that the coach has specified in the pre meet email. This is known as the “ON DECK TIME” or “Report Time.”
- Once swimmers arrive on deck they are to start stretching and get their cap and goggles ready and get their event information if they do not already have it.
- 3-5 Minutes before our team’s assigned warmup is about to start we will line up behind the lanes that we are going to warm up in. Usually teams are assigned 1-2 lanes or we claim a lane.
- For warmup swimmers must enter the water **FEET FIRST** (no diving)
- Swimmers must make sure they circle swim so that no traffic jams or accidents occur.
- After swimmers finish their general warmup we will clear the lane for one way starts.
- Once Warmups are over we will return to our team area.

Meet Information for Parents:

- Absolutely no parents are allowed on deck or in the locker rooms at any time.
- Bring cash for heat sheets or concession items.
- Heat sheets or meet programs are what are used to know when your athlete is swimming their race. These are usually for sale, or posted on the walls in the hallways for parents and swimmers to view.
 - Event information can also sometimes be found on Meet Mobile and OnDeck (swimming apps available in the app store.)
- Your swimmer will need to know their event numbers, heats, lanes and what stroke and distance they are swimming prior to the meet starting. Please try to get to meets early so you can get this information.
 - Swimmers usually write this information down on their hand/arm in pen or marker. (sharpie fine tip markers work best)
 - See example on how to write on your swimmer’s hand to the right:
 - E stands for EVENT
 - H stands for HEAT
 - L Stands for LANE
 - Write distance and stroke



How to Read a Heat Sheet at Swim Meets:

What is a heat sheet? A heat sheet or meet program lets you know when, where and what you are swimming in a meet.

Event #	Event Name	Lane	Name	Age	Team	Seed Time
	#13 Girls 8 & Under 25 Yard Freestyle	Heat 1 of 2 Finals				
		2	Matthews, Marissa	7	LP-NC	42.44
		3	Frame, Aubree	7	CCST-NC	35.87
		4	Mercer, Jillian	7	LP-NC	37.64
		5	Zelakowski, Caleigh	7	LP-NC	50.80
		Heat 2 of 2 Finals				
		1	Lockwood, Peyton	7	LP-NC	29.20
		2	Albrecht, Allie	8	LP-NC	24.60
		3	Denton, Grace	8	LP-NC	22.56
		4	Wilson, Kendall	7	CCST-NC	23.79
		5	Kramb, Claire	7	CCST-NC	27.75
		6	Love, Laniyah	7	LP-NC	31.88
	#14 Boys 8 & Under 25 Yard Freestyle	Heat 1 of 1 Finals				
		1	Frame, Mason	8	CCST-NC	27.84
		2	Bigham, Kaleb	8	CCST-NC	23.84
		3	McDevitt, Sean	8	CCST-NC	20.97
		4	Howe, Sam	8	CCST-NC	23.19
		5	Croly, Trace	8	CCST-NC	24.79
		6	Blume, Thomas	7	LP-NC	53.59

- In a swim meet there is a set number of events and each event has multiple heats. In the example above there are 2 heats of event 13.
- The number to the left of a swimmer's name is the lane that they will be swimming their race in for that event.
- In the example above Laniyah Love is in Event 13, Heat 2, Lane 6 and she is swimming 25 Freestyle.

How a Swim Meet Operates:

- Before each race there is a series of short whistles. This signals the swimmers in the next race to be ready.
- After the short whistles and all the swimmers in the previous heat finish, you will hear a long whistle that signals the swimmers in the next heat to get on the block.
- Once swimmers are on the block spectators, coaches, swimmers and everyone else in the pool area are to be **SILENT** so that swimmers on the block can hear the starter.
- Next the starter will say "take your make" and then hit the start button making a loud beep and sending a flash for swimmers to go.
- **Absolutely NO flash photography is allowed at the start of any race** so that swimmers do not confuse the flash from a camera/phone for the starter.
- It is also suggested to keep phones on silent mode so that swimmers on the block do not get distracted and can have a fair start.

What to Bring to a Swim Meet:

- Team Suit
- Goggles and extra goggles if you have them
- Team Cap
- At least 2 towels. One usually gets used during the meet and it is nice to have a dry one to change with after.
- Clothes to wear during the meet to keep warm in and dry clothes to go home in.
- Water and or a sports drink.
- A sharpie or pen that will not come off in the water.
- Light, healthy snacks (granola bars, protein bars, fresh fruit, veggies, baked chips/crackers, string cheese, hard boiled egg, mixed nuts)