

# Swim Meet 101

- Find out where you're going. Make sure you know where the pool is located.
- Find out what time warm-ups begin for your swimmer and when the meet begins. Most meets are held in two sessions—morning and afternoon. You need only attend the session in which your swimmer swims. Allow for plenty of time to get where you are going. Swimmers should arrive to the pool 15 minutes prior to the start of warm ups. Swimmers need to be on deck with the coaches 10 minutes before warm ups begin.
- Wear something cool because pool areas are usually beastly hot. You should also bring a sweater because the bullpen (the area in which you hang out until your swimmer swims) is usually a gym or cafeteria and may be chilly.
- Some meets require that swimmers check in, a procedure called "positive check-in." Make sure your swimmer checks in with the clerk of the course when you arrive. This is usually right inside the entrance to the meet. Failure to check in at a "positive check-in" meet usually results in the swimmer being disqualified from his or her first event or possibly all events.
- Purchase a meet program. You will find all your swimmer's entry information listed in the meet program along with that of all other participants. Use a highlighter to mark all your swimmer's events, as well as those of other Cudas.
- Locate where the Cudas are camped out for seating. This is usually in the basement of RPI or the gym at other pools. This is the area where you and your swimmer may stay between events. Swimmers roll out their sleeping bags and parents set up lawn chairs in this area. Swimmers will also sit on deck with the coaches. Bags are not allowed on deck.
- Parents assist with timing. USA Swimming meets are timed electronically with the assistance of two backup human timers. Each swim club represented at a swim meet is required to provide timers for the entire meet. For large meets, parents will get timing assignments in advance; they will be notified of these assignments by e-mail, and the assignments will also be posted on the web site. All parents are expected to participate. It's the best seat in the house. Don't worry about lack of experience. It's simple, and stopwatches are provided.
- Parents should make sure their swimmer warms up. The swimmer should go down on deck prior to the beginning of the warm-up session to check in with the coach. After warm-ups, your swimmer should dry off and keep warm. Swimmers should always have their cap and goggles handy. We have many swimmers attending our meets. It is important that everyone is on time and waring up together. There is no space for late swimmers to do "separate" warm ups.

- Swimmers should keep track of what event the meet is on. Parents should make sure the kids are on the deck at least 1 to 2 events before their swimmer's events. The coaches will help get them to the block. However, it is ultimately the swimmer's responsibility to make they are where they are supposed to be.
- After the race, the swimmer goes immediately to the coach for feedback. If the coach is with another swimmer or watching another Cudas compete, your swimmer needs to be patient while waiting. Coaches will give the swimmer feedback after each event. Whether the swimmer perceives the race as good or bad they must speak to the coach prior to going to parents. A printout of the electronic results will be posted in a specified area near the pool, usually within 15 minutes of the race. Check the results and record your swimmer's time in your program. Later you can record it in your swimmer's logbook.
- Spectator space is often limited around the pool. There will be a short term and long term seating area. Parents may sit in the short term area during their child's event. After they swim, please be considerate of others and give up your seat so other parents can watch their kids.
- Swimmers are occasionally disqualified (DQed) during their event. Reasons for a DQ range from false starts to performing strokes, turns, or finishes incorrectly. DQs are judgments made by the USA Swimming officials. The official will explain to the swimmer the reason for the DQ. The coach will reinforce this judgment. Parents should not question the judgment of an official. DQs can be difficult for swimmers and parents to accept, but they do happen to every swimmer sooner or later. It is helpful if the parent accepts the fact that USA Swimming has high standards and that the same standards apply to every swimmer. Performing the skills of swimming in accordance with USA Swimming standards is part of the discipline process that makes swimming a character-building sport.

# Sample Heat Sheet

- Below is a sample heat sheet for a meet. The Heat Sheet will tell you what swimmers are swimming where. You will get the heat and lanes for your swimmer from this. You can write the information on your swimmer's hand/arm like below.

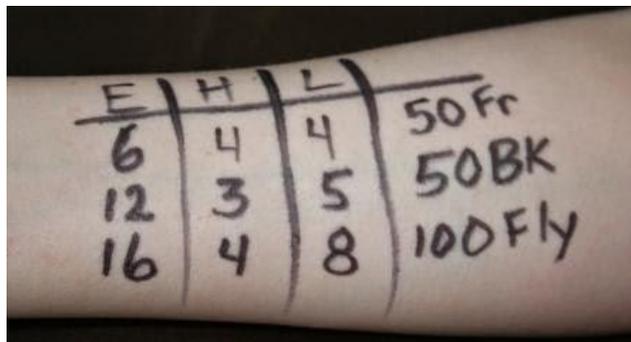
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 ?? vs Wells Branch - 5/22/2010  
 Meet Program - RWB 2010

Event Number	Event Name	Age	Team	Seed Time	
<b>#1 Mixed 6 &amp; Under 100 Yard Freestyle Relay</b>					
<b>Heat 1 of 1 Finals</b>					
Heat Number	Lane	Team	Relay	Seed Time	
Lane Number	1	WB-ZZ	E	NT	
		Stephan, Karla G W5	Scott, Daeni E W5		
		Shane, Kyla A W6	Simpson, Abs B W6		
	2	WB-ZZ	C	NT	
		Wadehra, Beck R M5	Zayas, Riley S M5		
		Brigger, Mara E W6	Cardwell, Aubrey G W6		
3	WB-ZZ	A	NT		
	Larimore, Faith M W6	Yang, Hailee J W5			
	Jahnke, Abby K W6	Koester, Riley H W6			
4	WB-ZZ	B	NT		
	Uribe, Isa G W5	Uribe, Max N M4			
	Mendez, Mario R M6	Waworuntu, Daeren M6			
5	WB-ZZ	D	NT		
	Harold, Mari P W5	Harris, Arwen M W4			
	Christian, Annabelle E W5	Freeman, Ephraim S M6			
6	WB-ZZ	F	NT		
	Young, Marie E W6	Nguyen, Carolyn R W6			
<b>#12 Girls 6 &amp; Under 25 Yard Freestyle</b>					
<b>Heat 1 of 4 Finals</b>					
	Lane	Name	Age	Team	Seed Time
	1	Chambers, Joy C	4	WB-ZZ	NT
	2	Walker, Mia T	4	WB-ZZ	NT
	3	Harper, Sophia N	5	WB-ZZ	NT
	4	Harris, Arwen M	4	WB-ZZ	NT
	5	Nguyen, Elisabeth	4	WB-ZZ	NT
<b>Heat 2 of 4 Finals</b>					
	1	Scott, Daeni E	5	WB-ZZ	NT
	2	Yang, Hailee I	5	WB-ZZ	NT
	3	Stephan, Karla G	5	WB-ZZ	NT
<b>Heat 2 of 2 Finals</b>					
	1	Zayas, Riley S	5	WB-ZZ	NT
	2	Freeman, Ephraim S	6	WB-ZZ	NT
	3	Waworuntu, Darren	6	WB-ZZ	NT
	4	Mendez, Mario R	6	WB-ZZ	NT
	5	Prendeville, Rynn	5	WB-ZZ	NT
	6	Wright, Jackson H	5	WB-ZZ	NT
<b>#14 Girls 7-8 25 Yard Freestyle</b>					
<b>Heat 1 of 3 Finals</b>					
	Lane	Name	Age	Team	Seed Time
	1	Tran, Kimberly T	8	WB-ZZ	NT
	2	Kane, Jennifer T	7	WB-ZZ	NT
	3	Finch, Chloce E	8	WB-ZZ	NT
	4	Schulze, Rachel B	8	WB-ZZ	NT
	5	Prosper, Anne-Marie J	8	WB-ZZ	NT
	6	Adams, Fifi J	7	WB-ZZ	NT
<b>Heat 2 of 3 Finals</b>					
	1	Mehta, Anaya	8	WB-ZZ	NT
	2	Wadehra, Serena J	8	WB-ZZ	NT
	3	Carter, Anaya J	8	WB-ZZ	NT
	4	Waworuntu, Demi K	8	WB-ZZ	NT
	5	Miles, Payton P	8	WB-ZZ	NT
	6	Harper, Shelby N	8	WB-ZZ	NT
<b>Heat 3 of 3 Finals</b>					
	1	Verducchio, Abbie H	7	WB-ZZ	NT
	2	Jamalsbad, Hanna	7	WB-ZZ	NT
	3	Buckley, Emma R	8	WB-ZZ	NT
	4	Uloak, Caren R	7	WB-ZZ	NT
	5	Yang, Syd A	7	WB-ZZ	NT
	6	Kumar, Riya A	8	WB-ZZ	NT

## Writing on a Swimmer's Hand

By writing information in waterproof ink on the back of the swimmer's hand, the swimmer can watch and listen for his or her events to be seeded and remember what the events are. This also allows the swimmer to check whether he or she is in the correct heat and lane.

The information on the hand represents the swimmer's individual events at the meet the swimmer is attending. Make up your own shorthand; for example, "4/3/5 100fr" might mean 100-yard freestyle: event #4, heat #3, lane #5.



## Stuff to Bring to the Meet

Experienced Cudas recommend bringing the following:

- Team suit
- Goggles—well-adjusted and leakproof
- Extra goggles just in case
- Team swim cap—or two in case one rips
- Sweatshirt and sweatpants—maybe two sets
- Team jacket, if you have one
- Towels—two or three are needed because the swimmer dries off after warm-ups, between events, and when changing to go home
- Plastic water bottle and/or drinks in containers other than glass
- Sleeping bag
- Pillow (optional)
- Folding lawn chair for parent
- Quiet activities: homework, books, Walkman, playing cards, and so on
- Highlighter to mark your swim program
- Ballpoint pen/Sharpie to write on your swimmer's hand
- Food (almost all meets sell inexpensive concessions: coffee, juice, soda, hot dogs, pizza, sandwiches, baked goods, and so on)
- Money for a program (\$2 to \$10)—they're helpful, but you're not obligated to buy them; equipment is usually for sale
- Good luck charms!!!

Some of these items may seem unnecessary, but when you arrive at your first meet, you will soon understand the value of each and be glad you brought them.

**It all may seem overwhelming at first, but remember this is supposed to be fun. Sit back, take a deep breathe, and enjoy watching your child compete!!**