



## **A Guide for Monterey Park Manta Rays Swimmers and Parents: What to Expect at Your First Swim Meet**

*Swim meets are a great opportunity for the whole family to spend time together as well as with all the other families on the team. Below are some guidelines geared to help you through your first couple of swim meets.*

### **What to Take to a Swim Meet**

1. Swimsuit, MPMR swim cap, goggles and flip-flops or non-slip shoes. Having an extra suit, cap, and pair of goggles packed is always a good idea. These items seem to rip and break at the most inopportune times!
2. Towels – wet bodies everywhere so pack at least two.
3. Something comfy for your swimmer and yourself to sit on under the canopies, such as an old blanket, or camping chair.
4. Several changes of clothes such as sweatpants, sweatshirts, t-shirts, and shorts. Swimmers need to stay warm between events and there is nothing worse than pulling on cold, soggy sweatpants.
5. Entertainment for the whole family such as travel games, cards, books, iPods, etc., especially, if you are bringing youngsters who are not swimming. Parents often bring newspapers, books, or anything to pass the time. Please be sure to have the swimmers give their electronic items to their guardian if they are about to swim.
6. Small cooler of healthy snacks and drinks. Suggestions for items to bring: water, Gatorade, granola bars, fruit, yogurt, dry cereal, trail mix, sandwiches.
7. Sharpie marker, pen, highlighter.

## Before the Meet Starts

1. **Arrive at the pool at least 20-30 minutes BEFORE the scheduled warm-up time begins. Please allow extra time to find parking, there will be other people looking for parking too.**
2. Warm-up times are listed in the meet flyer posted on the website. Often coaches announce or post exact warm-up times a couple of days before a meet as well. Please **confirm** this time with your coach.
3. **Find a place to put your swimmer's "stuff."** The team usually sits together under the team canopies so look for some familiar faces, and then set up "camp".
4. **Locate the timing sheet and sign in.** Swim parents must time at swim meets. Timing will usually be at least 15 minutes, but it can last longer. Time slots are pre-assigned, and if you want to switch, it will be your responsibility to ask the other parent. Please arrive 2-3 minutes prior to your assigned time behind the team's timing chair.
5. **Help your swimmer find the MPMR coaches.** Look for coaches on deck or sometimes under the team canopies, and let them know you are at the meet.
6. **Find the "check-in" table at the meet.** Usually a volunteer from the hosting team will highlight the swimmer's name and events they will be swimming that day. ***If this is not done, the swimmer will not be allowed to swim that event.*** Check-in is required so that the people running the meet know who is actually at the meet. After check-in, the meet administrators will "seed" all the swimmers accordingly to their swim times. (to match the individual swimmer with others of similar swim times)
7. **Heat and lane assignments** will be posted, so be sure your swimmer knows where to look for their event lists. This is where you will find what heat and lane your swimmer is in for each event.
8. **Write on your swimmer.** Mark event information on their arm before warm ups. Write each event number, heat, and lane on your swimmer's arm in "permanent" (i.e., waterproof) marker, like a Sharpie. This helps your swimmer remember what events he or she is swimming, what event number to listen for, and what lane to get lined up behind.

E	H	L	S
10	4	8	50 FR
26	3	2	100 BK
34	2	5	50 FLY

E=EVENT  
H=HEAT  
L-LANE  
S=STROKE  
FR=FREESTYLE  
BK-BACKSTROKE  
FLY=BUTTERFLY  
BR=BREASTSTROKE  
IM=INDIVIDUAL MEDLEY

- 9. Swimmers report to the pool and/or coach for warm-ups.** It is very important for all swimmers to warm-up with the team. Swimmers' bodies are just like cars on a cold day; they need to get the engine going and warmed-up before being able to go all out. This is a good time for parents to mingle with each other while the swimmers are busy!
- 10. Swimmers return to team canopy area after warm-ups.** Time to dry off, put warm clothes on over swimsuit. Go to the bathroom if you have plenty of time before the start of the meet or first event. Do not wander around, as the coaches need to know where you are during the meet.
- 11. The meet will usually start about 10 minutes after warm-ups are over.**

## The Meet Starts

- 1. Know what events your swimmer is competing in.** It is important for swimmer to know what event numbers he/she is swimming.
- 2. Listen for event announcements.** Swimmers should check to see which event is currently in progress and pay attention to the meet so that they will know when they swim. ***Events are usually, but not always announced over the loudspeaker or visible on the timing board, it's the swimmers responsibility to make sure they are behind the blocks and check-in with the seated timer to make sure their name is on the list.*** Swimmers are usually behind the blocks one event prior to their start. At this time the swimmer should have their cap and goggles.
- 3. Check in with the coaches.** MPMR coaches ask their swimmers to check in with them ***before each*** race. This is when coaches give last minute reminders and encouragement to the swimmers about their upcoming race. Swimmers should allow enough time when reporting to the blocks for this important step! The coaches ***will not*** look for swimmer to tell them

when to go to their event/ lane. **After the event**, swimmers are to report their coach and warm down in the warm up pool.

## Ask for Help

If during any of this you feel lost or confused, be sure to ask other MPMR parents for help! Your “first meets” can be overwhelming! Once you have attended one or two meets, it will all become very routine and enjoyable.

## After the Meet

1. **After the last event of the day.** Have your swimmer “check-out” with their coach. Sometimes the coaches may need the swimmer to stay.
2. Make sure you have timed your assigned time before you leave.

## How to check the results?

**At the meet:** Paper results are always posted for each event as the meet progresses, with the swimmer’s time and place. You will usually find the result the same place where the heat and lane assignments were posted.

**After the meet:** Result for the complete meet will be posted on:  
<http://www.socalswim.org/>

## Special Note to Parents

The pool area is usually very warm. Make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly.

**DO NOT** approach any officials or people working on the administration table.

**NO** photography or filming behind the blocks.

Parents are asked not to approach the MPMR coaches during the meet, if you should have any questions, please have your swimmer let them know that you need to talk to them.