

Swim Meet Info session

- Agenda

- What is a meet

- Meet types-Premier Division, Invitationals, Championship, Nationals, outside of province

- Time standards/requirements

- SC vs LC??

- Event selection

- Swimmer and Parent expectations

Swim Meet Info session

What is a meet

•Swim Meet- an athletic competition where swimmers participate in an individual events and/or team events knows are relays The swim meet is a great family experience where the whole family can spend time together.

•Warm up- generally 30min to 1 hour (1.5h) prior to the start of the meet to allow an athlete to warm up and prepare for race, an integral part of competition

•Events

-Individual event selection:

•Freestyle(Free) events include distances 50, 100, 200, 400, 800, 1500

•Backstroke events(Back)-50, 100, 200

•Breaststroke events(Breast) 50, 100, 200

•Butterfly events(Fly) – 50, 100, 200

•Individual Medley (IM) 100, 200, 400

-Team events-Relays

•Freestyle (Free) 4x50, 4x100, 4x200

•Medley 4x50, 4x100

•Relays could be women, man, mixed

-Seeding- senior seeded, circle seeding,

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What is a meet

-Age groups-

•ex 10 and under, 11-12, 13-14, 15 and over F/M

•11 and under, 12-13, 14-15, 16 and over F/M

•15 and under F, 16 and under M, 16 and over F, 17 and over M

•12, 13, 14, 15, 16, 17, 18 F/M

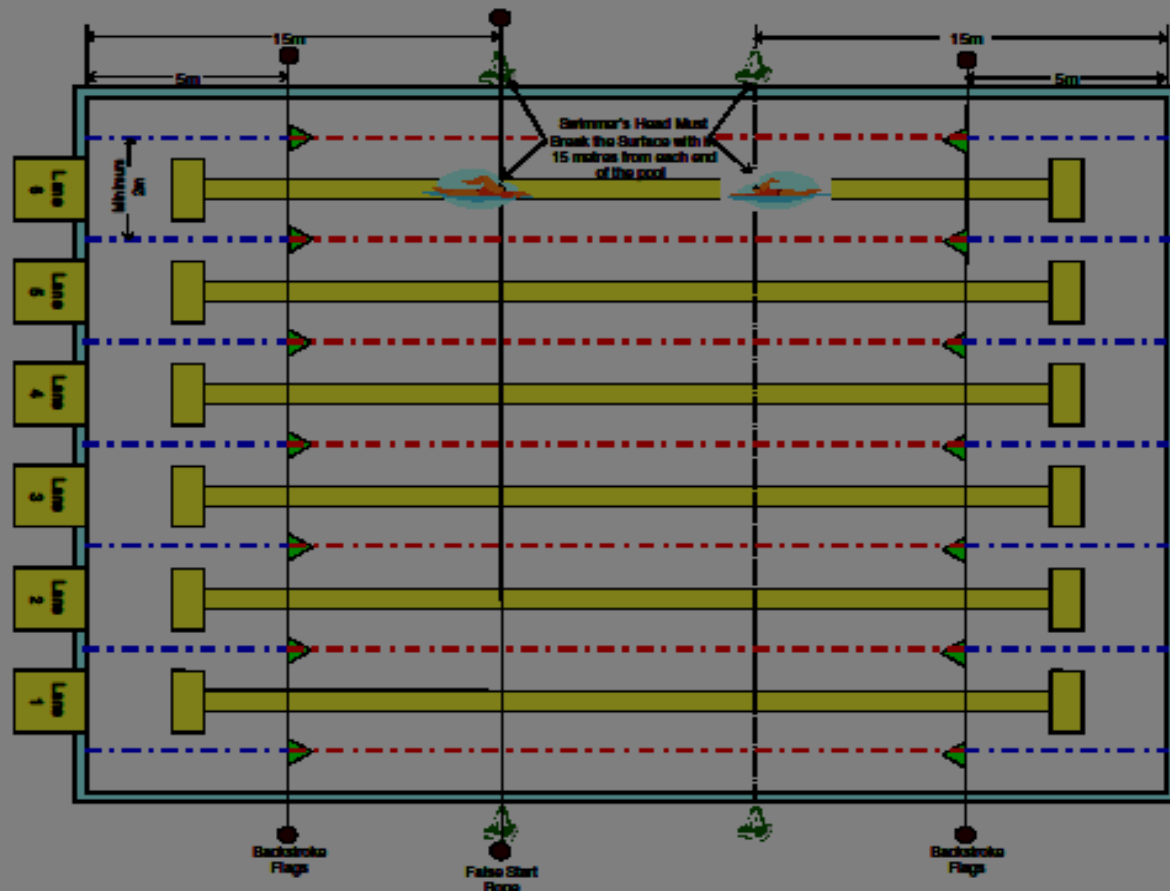
-Results-posted when all heats in given event are finished and times are verified, results are posted according to the age group stated in the meet package

-Warm Down- depending on pool set up and pool availability, to allow swimmer to relax and de-stress and also to get ready for next event

-Psyche Sheet or Heat Sheets. A psyche sheet is usually available for sale in the lobby or concession area of the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time (up to the date that the entry was submitted) in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event. A Heat sheet may be available close to the start of the meet that lists the actual heat and lane a swimmer will be competing in.

-Meet format- **Timed Finals**-swimmers swim their event once and the results are posted, **Heats and Finals**-swimmers swim first in Heats, then top 6(8) move on to finals

Pool Layout



Plan of Pool Deck for Competitive Swimming

Swim Meet Info session Standards

- NB Standards -A and B
- East coast SC and LC
- National -Easterns/Westerns, Sen Nat's, Trials, AGN

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Meet types-Premier Division, Invitationals, Championship, Nationals, outside of province

•Meet types

- Premier meet (development)-1 session, Timed Finals (max 4 hours)No Standard. Swimmer may not swim events in which they hold an A standard
- Invitational- (2-6 sessions)Timed Finals or Heats/Finals, At least three B standards, Must be entered in three events in which they hold a B standard
- Championship A-(2 or more sessions) Heats/Finals or Times Finals, 14 yrs and under: must be entered in 3 events in which they hold A standards 15 yrs and over: Must be entered in at least 1 event in which they hold an A standard
- Championship B -(2 or more sessions) Heats/Finals or Times Finals,-must be entered in 3 events in which they hold a B standards
- Championship MLTC-(2 or more sessions) Heats/Finals or Times Finals, (Marianne Limpert Team Championship)- 1 B standard
- SC/LC East Cost Champs-(2 or more sessions) Heats/Finals or Times Finals, -14&U Require either a 200 or 400 IM time and a 200, 400, 800, or 1500 Freestyle time to enter the meet. 15& Over – require one qualifying time to compete
- National meets-Easters/Westerns Champs, Age Group Nationals, Senior Nationals, Canadian Trials-swimmer must qualify to attend the meet, each meet has it's own qualifying standard
- Out of province meets-swimmers must qualify according to the rules of the province the meet is taking place

Swim Meet Info Session

- SC vs LC-

- SC-Short course 25 m pool

- LC-Long course 50 m pool

- Event selection- coaches make an event selection for each individual swimmer based on his/her goals, skills that have been worked on, abilities, and achieved standards. Coaches often will consult with swimmers on event selection. The younger the swimmer the more variety in the event selection. The goal for each swimmer should be to swim all events at least twice in the season.

- Swimmer Responsibility-

- show up 15 min before warm up time,

- have all team gear, know his/hers events,

- stay with the team during the meet,

- talk to coach before and after each event,

- participate in team cheers and team support

- Parent Responsibilities-

- Tell him how great he did! The coaching staff will be sure to discuss stroke technique with him. You need to tell him how proud you are and what a great job he did.

- Bring your swimmer on time to the pool, ask the coach before you leave with your swimmer.