

Swim Meet Information

What Is A Meet

A swim meet is an athletic competition where swimmers participate in individual events and/or team events.

Warm Up

Warm up is generally 30 min to 1 hour prior to the start of the meet to allow an athlete to warm up and prepare for racing. It is an integral part of competition.

Swimmer Responsibilities

- show up 15 min before warm-up time,
- have all team gear, know his/her 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/her how great he/she did! The coaching staff will be sure to discuss stroke technique with him/her. You need to tell him/her how proud you are and what a great job he/she did.
- Bring your swimmer on time to the pool, ask the coach before you leave with your swimmer.

Events

Individual event selection (metres):

- 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 female, male, mixed

Short Course & Long Course

- 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.

Meet Fees

Tide meet fees are calculated by adding meet fee and coach fees. Meet fees are to be paid by cheque only, payable to SJFAC, by Tide deadline date. New to this year, Tide will also have a withdrawal date for each meet. The withdrawal date is the last date for a refund for fees if you are unable to attend the meet. If you are unable to attend the meet after the withdrawal deadline, no refund will be given. No refund is available if you do not attend a meet if bad weather; unless meet is cancelled by organizers.

Seeding

The swimmer is assigned to heats and lanes according to their submitted or preliminary times.

Psyche Sheet/Heat Sheet/Programs

A psyche sheet or program is usually available for sale in the lobby or concession area of the pool. It usually 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.
- Preliminaries and Finals swimmers - swim first in heats, then top 6(or 8) move on to finals in next session.

Age Groups

Swimmers are divided according to age. The age group divisions are generally 12 and under, 13-14, 15 and over. The Marianne Limpert Team Cup is an exception to the usual age divisions (see below). The premier meets age divisions are 10 & under, 11-12, 13-14, 15 & over.

Heats

A portion of an event. An event may require multiple heats to determine what swimmers make finals.

Circle Seeding

A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes.

Results

Results are usually 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.

Timed Finals

Timed finals are those in which each swimmer swims only once for time. The final placing of all swimmers is determined by their times and age category according to the meet. The swimmers are usually placed in the races according to their entry times and not their age. The coach submits the entry times. A "no-time" swimmer will most likely swim in one of the first heats of the event.

Preliminary (Heats) And Finals

This type of meet has at least two sessions. The preliminary heats are usually held in the morning session. The swimmers are usually placed in the races according to their entry times and not their age. The fastest six, eight or ten (depending on number of pool lanes) swimmers return in the evening to compete in the finals in their age group.

Standards

Standards are useful for setting goals. The time standards guide you from just starting out in your age group to reaching your highest potential. Time standards are also used to control the size of swim meets. Each year Swim New Brunswick reviews time standards required for swim meets. The standards are B, A and AA. There are time standards for short course (SC, 25 metre pool) and long course (LC, 50 metre pool) as swimmer's times vary according to pool length.

Swim New Brunswick standards are reviewed annually and can be found on the Tide website.

Types Of Meets

Premier Meets

Premier meets are ideal for Mighty Shark, Junior B swimmers and some Junior A swimmers. No time standards are required for this meet. Swimmers may not swim in events in which they have an A standard.

Premier meets are 1 session, up to maximum of 4 hours. Swim races are timed finals. Swimmers may swim up to 4 individual events + relays. If you are unsure what events your child would swim, please ask their coach.

Age groups are 10 & under, 11-12, 13-14, 15 & over or single age groups.

Premier Festival

The premier festival has the same eligibility as the premier meets but is longer with 2 or more sessions of maximum 4 hours each; and swimmers can swim 6 individual events + relays.

Invitational Distance

If the swimmer would like to try swimming longer distances this meet is a good opportunity. No time standards are required.

The invitational distance meet is 1 session, up to maximum of 4 hours. Swim events are timed finals and swimmers can swim up to 2 individual events + relays.

The events are 400 IM, 1 500 Free, 400 Free, 800 Free. Relays are 4X200 Free Mixed, 4X200 Free. Age groups are 12 & U, 13 & 14, 15 & over or single age groups.

Invitational

Invitational meets generally are for eligible Junior B swimmers, Junior A and Senior swimmers. Swimmers must have a minimum of three B (SC, LC) standards in different events and they must be entered in three events in which they hold a B standard.

Invitational meets can be 2 – 6 sessions of maximum of 4 hours each session. Events can be either timed finals or heats and finals. Swimmers can swim up to 6 individual events + relays. Age groups are 12 & under, 13 & 14, 15 & over or single age groups.

Marianne Limpert Team Cup (MLTC)

The Marianne Limpert Team Cup is a fun, team event. To enter the Marianne Limpert Team Cup minimum of 1 B standard is required.

The MLTC is 6 or more sessions of maximum 4 hours each. Events are heats and finals except for the 800 Free and 1 500 Free which are timed finals.

Swimmers can swim up to 6 individual events + relays. The age groups differ in the MLTC. The age groups are 11 & U, 12 & 13, 14 & 15, 16 & over.

New Brunswick Open Cup

The NB Open Cup is generally for Junior A and Senior swimmers. Swimmers must have a minimum of 1 AA standard and must be entered in 1 event in which they hold an AA standard.

The NB Open Cup is 6 or more sessions of maximum 4 hours each. Events are heats and finals except for the 800 Free and 1 500 Free which are timed finals.

Swimmers can swim up to 6 individual events + relays. The age groups are 12 & U, 13 & 14, 15 & over.

New Brunswick Spring Champs

The Spring Champs generally are for eligible Junior B, Junior A and Senior swimmers. Swimmers must have minimum of 1 A standard and must be entered in at least one event in which they hold an A standard.

The Spring Champs is 2 or more sessions of maximum of 4 hours each. Events are heats and finals except for the 800 Free and 1 500 Free which are timed finals.

Swimmers can swim up to 6 individual events + relays. The age groups are 12 & U, 13 & 14, 15 & over or single age group.

New Brunswick Summer Champs

The Summer Champs generally are for eligible Junior B, Junior A and Senior swimmers. Swimmers must have minimum of 2 A standards and must be entered in at least two events in which they hold an A standard.

The Summer Champs are 6 or more sessions of maximum of 4 hours each. Events are heats and finals except for the 800 Free and 1 500 Free which are timed finals.

Swimmers can swim up to 6 individual events + relays. The age groups are 12 & U, 13 & 14, 15 & over.

National / Out Of Province Meets

- National Meets - Easters/Westerns Champs, Age Group Nationals (AGN), Senior Nationals, Canadian Trials. Swimmer must qualify to attend the meet; each meet has its own qualifying standard.
- Out of province meets - swimmers must qualify according to the rules of the province the meet is taking place.