

Swim Meet 101

The coaching staff has put together this helpful step by step guide on navigating the world of swim meets.

(we recommend that you open this email in a split screen with the team website)

1. Log on to your account

a. www.racswimming.org

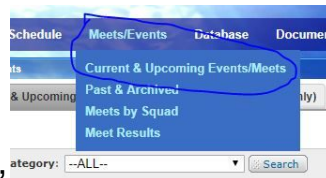


b. Top left-hand corner, click SIGN IN

2. Go to the Meets/Events Page

a. On the top row, 5th tab from the left

b. Click Meets/Events or down on "Current & Upcoming



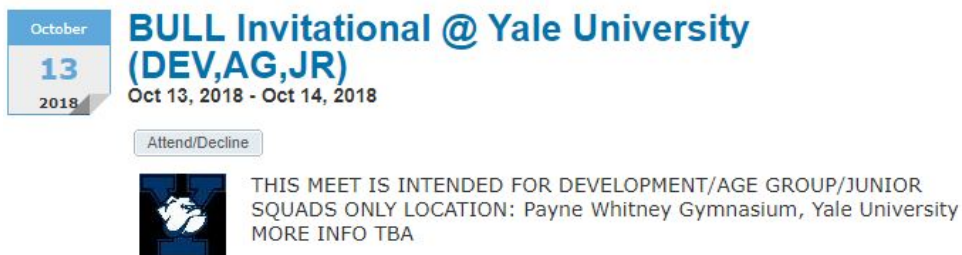
Events/Meets”

3. Scroll through the various meets and events on the page

a. You will see many meets and team events listed. There are things to consider when reviewing this list:

- i. Is it a team event (everyone from non-competitive, competitive, Masters, etc)? Take, for example, our team social at BOUNCE! Danbury on October 8th. This is an all team event and even friends can attend.
- ii. Is this meet for my kid? You will need to know which squad your child is in..
 - OW (Olympic Way Black and blue)
 - DEV (Development Black and Blue)
 - AG (Age Group)
 - FIT (Fitness)
 - JR (Junior)
 - SEN (Senior)

Once you have that information you can easily determine which meets are for you. In the event name, we put which squads will attend. Take for example the upcoming RAC/BULL Meet. As you can see below, it has the meet title, location and squads attending. If you see your child's squad listed, they can/will attend that meet. If not, then they will NOT attend that meet.



October 13 2018

BULL Invitational @ Yale University (DEV,AG,JR)
Oct 13, 2018 - Oct 14, 2018

Attend/Decline

THIS MEET IS INTENDED FOR DEVELOPMENT/AGE GROUP/JUNIOR SQUADS ONLY LOCATION: Payne Whitney Gymnasium, Yale University MORE INFO TBA

iii.

4. Finding more information about the meet

a. You have narrowed down which meets are intended for your swimmers, you will naturally need more information. Follow this step by step guide for more

- i. Click on the event title
- ii. This will bring up what we call the “meet announcement”
- iii. In this meet announcement, you will find the following important information

- Name of the Meet
- Date of the meet
- Declaration (Registration) deadline
- Roster Groups attending
- Description
- Location
- session check-in times, warm up times and start times for ALL SESSIONS. Check below for an example

Oct 13, 2018 - Oct 14, 2018

Registration Deadline September, 21 2018

Only For Roster Group(s)

Age Group,Development Black,Development Black 2,Development Blue,Development Blue 2,Junior

iv.

5. How do I commit my child to attend?

- a. Once you have decided which meets your child can attend (we are expecting every meet available for your swimmer), the process gets very easy for you.
- b. All swimmers from the squads attending that particular meet **will be automatically committed**.
- c. All you need to do as a parent is DECLINE your swimmer if and ONLY if they are unable to attend for any reason. This will be available until the DEADLINE. To do so, follow these instructions
 - i. Click on the meet title.
 - ii. This should bring up the meet announcement
 - iii. In the top right-hand corner, you will see an ATTEND/DECLINE option, click it.
 - iv. From there, you can select to decline your child from that meet.
 - v. We ALWAYS recommend that if your swimmer will not be able to attend, please contact your Primary Coach and let him/her know your intentions as soon as possible before the deadline (subject to change), otherwise, you will be invoiced after the declaration deadline, on your next RAC billing.
 - vi. Also please let your Primary Coach know if your swimmer can only attend one day only.

6. Meet Events

- a. The primary coaches of the DEV and AG Squad will select the appropriate events for the meet. Coach Emmanuel is expecting swimmers from JR and SEN to be proactive in planning and choosing their events.
- b. Any discussion on why certain events were selected and/or to change events should be done between the coach and athlete. If you as a parent have questions on why certain events were selected, please contact your primary coach.

7. Lead Up to the meet

- a. The 2 days before the registration deadline, the coaches will e-mail out the PRELIMINARY ENTRY. On there you will find your child's name, event number and the events they will swim. Please review this for accuracy with your swimmer. Any changes after the deadline will go as follows:
 - i. If your swimmer cannot attend after the deadline, you will be charged for the entries, with the exception of medical or other extenuating circumstances.
 - ii. If your swimmer would like to change their events, this will be at the discretion of their primary coach as well as the meet director.
- b. You can also find a copy posted in the lobby of the pool.
- c. The coaches will be in constant communication with their primary swimmers about the meets, the events selected and the date of the meet.

8. Parent Volunteers at the meet

- a. The Tuesday before the meet, RAC will post our job assignments for the meet. Please log on at that time to sign up for a timing slot:
 - i. Any unassigned positions the day before the meet will be filled with families that have yet to sign up for a volunteer position.
- b. The day of the meet, a timers meeting will be held 15 minutes prior to the start of the meet. The first shift timers need to be present at that meeting.
- c. Unsure of where to go or who to speak with about timing? Please refer to the below list of the squad reps as they are in charge of timer assignments,
 - i. Senior TBA
 - ii. Junior TBA
 - iii. Age Group TBA
 - iv. Development: Liz Archibald 203-561-0764

There are many many things you will learn along the way and please don't hesitate to ask, all the coaches are an email, a text or a call away and we love to help. We hope that this guide was helpful. Please, if you have any questions or would like to set up a meeting to discuss further, contact your primary coach

[Emmanuel Lanzo](#) - Senior and Junior

[Graham Bodner](#) - Age Group/Fitness

[Thammara Clemente](#) - Development/Olympic Way