



Meet Itinerary

Area 1&4 Spring Championships

February 27–28, 2021

Dwight Hunter Northeast Pool, 1100 NE 14th Street, Gainesville, FL 32601

Swimmers

Please review the map included at the end of this itinerary. Because of the restrictions on pool area occupancy, we will not be able to sit together as a team on the pool deck. Tents should be set up on the field to the west of the pool; there will be a bright orange GSC team tent set up for anyone who wishes to sit there. No tenting or seating between the pool and the MLK building.

Make sure you have all of your gear. You will want to have the following:

- Face mask (must be worn at all times while at the meet except when swimming, including when you are outside the pool area - please help us be good hosts by complying with this rule)
- Team cap and swimsuit
- Goggles (an extra pair is always a good idea!)
- A couple of towels
- Sunscreen
- Water bottle to stay hydrated
- Clothes to put on between events, including shoes
- Snacks should be light, healthy food—no junk food!

Weather is going to be warm this weekend, so please make sure you have what you need to keep cool and hydrated!

There are no concessions at the meet, so you should plan to bring the food and drinks you will need.

Locker rooms will be available for restroom use only, but designated changing tents will be available for anyone who needs to put on a tech suit to swim (see map).

Warm-up and Competition

Please arrive on time for the sessions! There will not be an opportunity to warm up separately from the team. The pool will be open for warm-downs only once competition begins.

Swimmers need to maintain physical distancing as much as possible during the course of the meet. See the map for how you will enter for your races.

Parents

Face masks must be worn at all times while at the meet including when you are outside the pool area - please help us be good hosts and users of this facility by complying with this rule.

Facility restrooms will be available to parents by entering the main building from the east parking lot (see map).

There will be no concessions available at the meet, so parents should also bring the food and drink that they need.

Parents and other spectators will not be allowed into the pool area. Parents can bring tents and chairs to set up on the field to the west of the pool, maintaining physical distancing from other families. The city wants to limit gathering along the pool fence, so please help us by not crowding and lingering at the fence. Results will be posting to the MeetMobile app throughout competition, and the meet will be livestreamed at:

Day 1: https://youtu.be/OcxUzR_AOQ0

Day 2: <https://youtu.be/ogC0nfOx-f4>

For swimmers new to competition, it is helpful to write your child's event information (event, event number, heat, lane) on their arm or leg or on a piece of paper to give them a reminder to refer to throughout the session. Heat sheets have been provided as a PDF to give you heat and lane information. We will NOT be selling heat sheets at the meet so please print what you need.

Team Schedule

Saturday Morning (13 and older)

Coaches attending: Robert, Stacey, Jen, Chris

Arrive no later than: 6:45 am
Team stretch: 6:50 am
Warm-up: 7:00–7:20 am (lanes 3–21)
Meet begins: 9:00 am

Saturday Midday (11–12)

Coaches attending: Robert, Jen, Chris

Arrive no later than: 12:30 pm
Team stretch: 12:35 pm
Warm-up: 12:45–1:05 pm (lanes 12–21)
Meet begins: 1:45 pm

Saturday Afternoon (10 and under)

Coaches attending: Robert, Jen

Arrive no later than: 3:00 pm
Team stretch: 3:10 pm
Warm-up: 3:20–3:40 pm (lanes 10–15)
Meet begins: 4:00 pm

Sunday Morning (13 and older)

Coaches attending: Robert, Stacey, Jen

Arrive no later than: 6:45 am
Team stretch: 6:50 am
Warm-up: 7:00–7:20 am (lanes 6–21)
Meet begins: 9:00 am

Sunday Midday (11–12)

Coaches attending: Robert, Stacey, Jen

Arrive no later than: 11:50 am
Team stretch: 11:55 am
Warm-up: 12:05–12:25 pm (lanes 12–21)
Meet begins: 12:45 pm

Sunday Afternoon (10 and under)

Coaches attending: Robert, Stacey, Jen

Arrive no later than: 1:45 pm
Team stretch: 1:50 pm
Warm-up: 2:00–2:20 pm (lanes 15–21)
Meet begins: 3:00 pm



Swim Meet Tips

New to swim meets? Here is some basic information and tips for preparing for and attending meets with your swimmer.

Attending meets is an important part of the sport of swimming. Meet competition allows swimmers and parents to see the results of the time and effort put into going to practice! As professionals in the sport, our coaches know that statistically speaking your children are more likely to stay with competitive swimming if they attend meets because meets are part of the reward system that drives them to continue to train and improve over time. Meets are also great opportunities for swimmers and swim parents to socialize and build friendships.

Each season's meet schedule is posted to the team's website (www.gatorswimclub.com). Each meet listed on our website has a "meet information" file available to provide lots of details including meet location, events, and fees. Coaches will send out important information including a meet itinerary (where to be and when) and coaching requests.

Please watch your e-mail for notifications about commitment deadlines for the meets. We are not able to accommodate late entries, and once your swimmer is entered in a meet any fees will be charged even if plans change and you don't attend; this is because we have by that time committed attendance to the host team and have to pay our fees to them regardless of how many of our swimmers actually attend and compete.

Some meets may have qualifying standards, meaning swimmers must have achieved specific time cuts to be eligible to swim events at those meets; time standards are posted to the GSC website and the meet schedule indicates when these standards apply.

Before the Meet

In preparing for a meet, you will want to pack the things your swimmer needs, including the following:

- Team cap and swimsuit
- Goggles (an extra pair is always a good idea!)
- A couple of towels
- Sunscreen for outdoor meets
- Water bottle to stay hydrated
- Warm clothes to put on between events, including shoes, especially for cold-weather meets
- Snacks should be light, healthy food—no junk food!

You will also want to prepare the things you need at the meet. Suggested items include the following:

- Foldable outdoor chairs
- Pop-up tents/canopies for shade/shelter from rain
- Highlighters for heat sheets and sharpies for event-marking swimmers
- Snacks and water bottles
- Sunscreen and bug repellent for outdoor meets

Be sure your swimmer gets enough rest in the days before the meet!

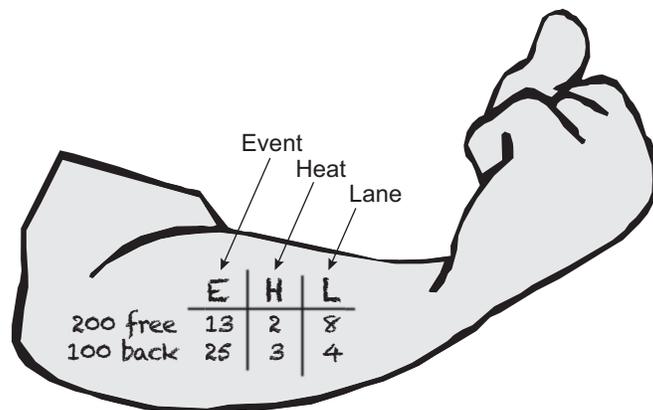
At the Meet

The GSC coaches will be stationed in one location within the designated coach's area on the pool deck. Your child's group coach may or may not be attending a meet, but there will be familiar faces there!

Before each meet starts, team members gather with the coaches for stretching and a team cheer. Throughout the course of the meet, all swimmers need to check in with a coach before and after each race for instructions, last minute reminders, calming of nerves, feedback, and encouragement.

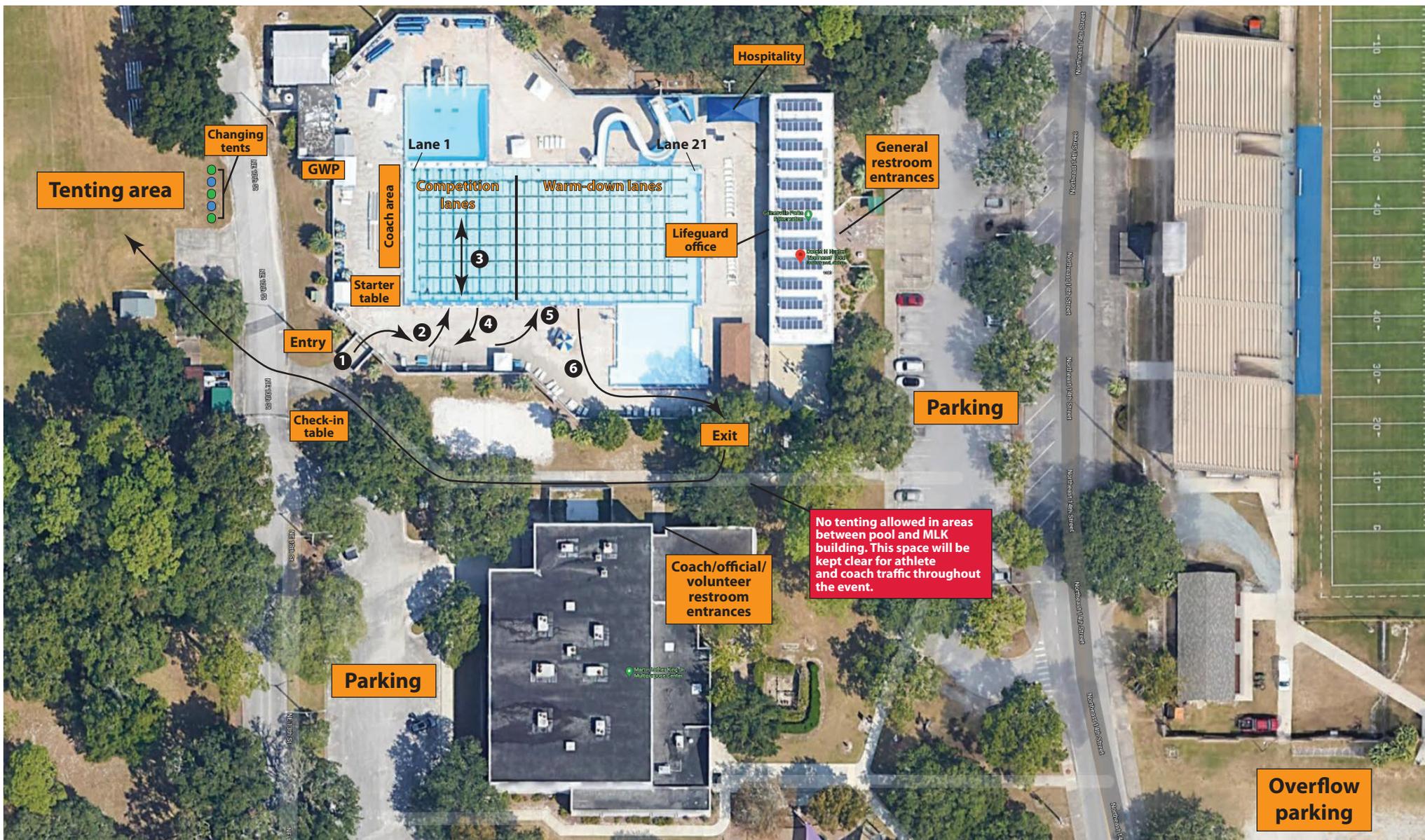
Heat sheets that list each event, heat, swimmer, and lane may be available for purchase at meets. A useful app that also can be used to follow events at meets is MeetMobile; some meets provide live updates to the app as events are completed.

It is helpful to write your child's event information on their arm or leg to give them a reminder of which events they are swimming as well as which lane they are in. This is best done with a sharpie, and should be done on dry skin, before applying sunscreen. Even if you only know events and not heats or lanes, it helps to start the marking and coaches can fill in the rest. Here is a sample:



Handling Disqualifications

Disqualifications are a part of swimming, but can be upsetting to our athletes. It is important for swimmers and parents to know that disqualifications are quite common, especially with younger swimmers and those new to competitive swimming, but they happen even at the highest levels of the sport. It's very important to understand that getting "deeqed" or DQ'd simply means a mistake was made during the swim that violated a rule of competition. Some rules are broad (everyone must touch the wall during a turn) while others are more specific (butterfly and breaststroke require a 2-hand touch at all turns and at the finish). A DQ doesn't negate how your child swam, did a perfect turn, or had a great start, and the takeaway should be "OK, we will do more work on that piece in practice." Coaches will talk to the swimmer about the DQ and provide support and reassurance, but you can really help by reinforcing to your swimmer that all swimmers get DQ'd over the course of their careers, including the top athletes in the world and even at international events like the Olympics!



- ➊ 8 athletes in staging area at the southwest gate (wearing masks and physically distanced on cone markers) are whistled into the pool area
- ➋ Athletes place masks, towels, etc., in empty basket on the pool deck and go to their lane and step up on the blocks (for 25 yard events, swimmers go to the blocks on the bulkhead end)
- ➌ Race!
- ➍ Athletes exit the water when directed by the starter, gathering personal items from baskets (baskets are sanitized)
- ➎ Athletes proceed to warm-down lanes:
 - maximum of 2 swimmers per lane
 - maximum of 200 yard warm-down except for athletes in the 500 free or 400 IM (may swim up to 400 yards)
- ➏ Athletes exit pool area via southeast gate and return to tenting area