

# **My First Meet**

## **The Night Before the Meet- Be Prepared!**

### **Where is the meet?**

Make sure you know the location of the meet. Addresses to the pool can be found on our website.

### **What is my child swimming?**

Find out what events your child is swimming. You can print out your child's events and take a copy for yourself and give a copy to your child. Write the events numbers and events on their hand or foot, the coach can help your child fill in the heat and lane.

### **When is my child swimming?**

Find out when warm-ups start, this can be found on our website. Be on deck ready to go 15 minutes prior to warm up time.

### **What should I bring?**

- Team suit/competition suit and back up suit
- Goggles and back up goggles
- Cap and back up cap
- Towels- 2 are good
- Extra clothes- Something warm to wear between events and clothes to wear home..
- Food- Pack nutritious snacks that are high in carbohydrates and complex sugars. Bagels, fruit, and granola bars are a good source of energy. Also, bring something to drink.
- Entertainment- There can be up to an hour between your swimmer's events.
- Sharpie- to write heat and lane of events on arm
- Chair - some meets allow parents & swimmers to put a chair in the gym if the bleachers are crowded. Not sure, ask another parent who has been with the team.

## **At The Meet**

### **Sign in**

Most meets have "positive check in" letting the host club know you are there. Circle or highlight your name and all events. This is usually located before entering the pool OR with your Coach on deck.

Have your swimmer report to BDSC team area. Look for BDSC parents. It is always fun to sit together

## Heat sheets

Heat sheets are ready slightly before or after the meet has begun. They are usually sold. They have your child's heat, lane and seed time.

### Reading a Heat Sheet:

#### What is a Heat Sheet?

This is the printed listing displayed before and during a meet that tells swimmers what events they will compete in. It also defines the swimmer's lane assignment per event. Lanes are typically assigned based on seed times, with the fastest swimmers in the center of the pool.

Events are listed in order usually alternating girls and boys events.

Sample Individual Event from a Heat Sheet:

Event number	Event 21 Girls 6 & Under 25 SC Meter Freestyle					
Heat number	Heat 1 Finals	Lane	Name	Age	Team	Seed Time
		1	Nolasco, Katy	6	LAKY-OH	XNT
		2	Reed, Abbie	5	LAN-OH	XNT
		3	Glossner, Gabrielle	5	LAKY-OH	X39.43
		4	Carlin, Emilee	5	LAN-OH	XNT
		5	Yanzsa, Sarah	6	LAKY-OH	X36.28
		6	Charles,, Cecilia	6	LAN-OH	XNT
	Heat 2 Finals					
		1	Maushart, Jaclyn	6	LAKY-OH	31.59
		2	James, Audrey	5	LAN-OH	NT
		3	Downs, Abigail	6	LAKY-OH	26.75
		4	Miller, Anna	5	LAN-OH	NT
		5	Decker, Isabelle	5	LAKY-OH	26.37
		6	Schueler, Delaney	6	LAN-OH	NT

#### Important Terms:

**Seed time** is the fastest time a swimmer or team of swimmers has swum an event prior to the submission of entries for the meet. For individuals, this is the time entered for the swimmer for the event, and is a good goal to try to beat. It also factors into lane placement and heat number.

An **"NT"** listed for seed time means no seed time has yet been recorded for that swimmer, i.e. that swimmer has not competed in that event, or was disqualified during the event.

An **X in front of seed time** means the swimmer is swimming an **exhibition heat**.

In **exhibition heats**, swimmers receive a time, but do not score points for the team. Exhibition heats are performed so that more swimmers can participate in events, and are a valuable opportunity to get a legal time for championship eligibility, or achieve one's personal best.