

SWIM MEET FAQs & “HOW TOs”

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How do I sign-up for swim meets?

All meet sign-ups are done via the ONLINE Meet Sign-up System. You will receive an invitation via email that will let you know when sign-up is open for a particular meet (there is also a close date). You may use the link included with the email or follow these steps:

- Go to SwimExpress.com ...click on the Swim Team link at the top of the page
- At the Team Unify home page – login to your account
- From the TeamUnify home page - Under “Swim Meets & Events”, select Meet Details/Sign-up
- All meets on our schedule will appear along with details for each meet
- Click on the Commitment button and a list of family swimmers will show
- Select a swimmer and then indicate whether they will commit to the meet or decline
- Include any notes in the comment box. For example, “Saturday events, only” or “Cannot swim on Friday”, etc.
- Yippee!!! Success!!

Where do I find information about the meets?

The meet packet for each meet on our schedule is posted on the website in a couple of locations. Under the Meet tab (SwimExpress.com homepage) and again on the page with the description of each meet (Team Unify site). Locations, session information, order of events, costs, etc. are all located there.

How do I pay for meet participation?

Meet fees are billed monthly and will appear on your statement preview prior to the automatic payment draw that takes place on the first of each month (credit card customers, only). When you sign-up for a meet, you are committed to the costs associated with that meet whether or not you actually end up attending the meet. We pay “up front” at the time our entry is submitted to the host club. There are no refunds for “no shows”.

How many meets do we need to attend?

We generally offer 2 or more meets per month and recommend attendance at one or more. Most swimmers attend all meets on the schedule.

What meets should I sign-up for?

We expect all swimmers to participate in Express-hosted meets as this activity serves as a major fund raiser for our program. Families should select other meets based on family schedules, interest, location and the meet/session schedule.

How do I know what events my swimmer has been entered in?

A copy of the team meet entry is posted on our website after we have been accepted into the meet. As a general rule, additions and changes cannot be made in our entry after the entry has been accepted.

How do I know if my swimmer is ready for competition?

Early season meets are “new swimmer friendly” and all Express swimmers are encouraged to participate. As we move through the meet schedule, some meets have pre-established minimum qualifying times in order to enter or participate in the meet.

When does the team submit their meet entry to hosting clubs?

Entry dates vary by meet and are generally due to the host team up to six weeks in advance of the meet. Most meets “fill-up” and close within a few minutes of the initial entry acceptance time. Our ONLINE entry system has a close date that is a couple days prior to the entry date. This allows the staff time to enter swimmers in their events. Meet entry deadline dates are included in the meet packet information.

Do I “get to” or “have to” select my swimmer’s events?

- Early Season – coaches will select events for all swimmers. Generally, all swimmers try all strokes & distances
- Mid-Season – There will an opportunity for you/swimmers to select events during the ONLINE Sign-up process Events will pop-up for each swimmer entering the meet.
- Late-Season/Championship Meets- Event selection is often a combination of Swimmers/Coaches/Parents. Time standards and the order of events for the meet may drive decisions.

How do I Volunteer to work at Express-Hosted Swim Meets?

All Express families are required to work at all Express-hosted meets during the sessions they have swimmers participating. Volunteer worker sign-ups take place ONLINE on a first-come basis. An email invitation will announce when the ONLINE sign-up opens. Families not volunteering will be assessed a fee of \$50 per session “not worked”

How long do meets last?

Warm-ups begin 1 hour prior to the start of the meet. Swimmers should be ready-to-go, on deck before warm-ups begin. Sessions for 12 & Under swimmers cannot be longer than 4 hours. Traditionally, in a 2-session meet – swimmers will swim in either the AM session or the PM session on Saturday & Sunday. Friday PM sessions generally offer the longer/distance races for each age group and the number of participants allowed to swim in each event may be limited in number.

What is “Positive Check-in”?

Positive Check-in is an attendance system used at all meets to help the host with meet management timelines. When swimmers arrive at the meet facility, the first thing they do is “check-in”. Check-in tables are usually conveniently located near the entrance of the facility and will have lists of all swimmers entered in the meet. Swimmers MUST highlight their name on the list or they will be deleted from all events they are scheduled to swim. Positive Check-in assures that all heats and lanes will be filled with swimmers during the course of the meet.