

Swimming 101—Intro to swim meets...SCY season

- What are meet letters, what information is in them, and where can I find them?
- How will I know which events my swimmer is entered in?
- What snacks are good for my swimmer on meet day?
- What does my swimmer need on deck?
- What time should my swimmer arrive on meet day?
- What is positive check-in?
- How can I follow the events on meet day?

Meet Letters—the highlights

- Meet letters can be lengthy and a little overwhelming. Several key features to look for include the check-in requirements, the entry fees, the meet schedule, concessions information, admission fees, and the order of events.

Where to locate your swimmer's events

- Visit the Greenwood Gators website at greenwoodgators.net and sign in to your online account
- Go to the Events tab and click on the tab labeled “Edit Commitment”
- At the bottom of this box is a list of the events your swimmer is registered for—see example below

Click on Member Name to declare for this Event:

| Member Name | Member Commitment | Coach Approved | Last Updated |
|---|-------------------|--|---------------|
| Ryann Marker *Active | ✔ Committed | # 1 (d1/s1): G 12 & Under 200 Medley (3:56.66Y✔) # 41 (d2/s3): G 10 & Under 100 Free (1:37.49Y✔) # 45 (d2/s3): G 10 & Under 50 Back (54.35Y✔) # 53 (d2/s3): G 10 & Under 50 Breast (53.27Y✔) # 87 (d3/s5): G 10 & Under 50 Free (44.39Y✔) # 91 (d3/s5): G 10 & Under 100 Back (1:51.02Y✔) # 95 (d3/s5): G 10 & Under 50 Fly (53.31Y✔) # 99 (d3/s5): G 10 & Under 100 Breast (2:02.70Y✔) Relay (Entered by Admin): # 37 (d2/s3): G 10 & Under 200 Medley Relay (Team B) # 83 (d3/s5): G 10 & Under 200 Free Relay (Team B) | 10/26/16 1:33 |

- You also have access to this information by downloading the OnDeck app on your mobile device. If you have questions about setting up this app, please speak to any board member

Race Day snack tips from USA Swimming

Meet day nutrition is a key element in your swimmer having a great experience. You could purchase snacks for your swimmer at the concession stand, but a little planning ahead will provide healthier, more cost effective options (see suggestions recommended by USA Swimming below). Remember, if you send items that should be kept cool, place an ice pack in your swimmer's snack bag!

- Pack in the protein. Protein will be an ally in keeping your blood sugar stable, thus keeping hunger, energy and mood in check. Nibble on cheese sticks or slices, nuts, peanut or nut butters, deli meat slices, yogurt or yogurt drinks, boxes of low fat milk, hummus, hard-boiled eggs or edamame.
- Don't forget the Carbohydrate. Your muscles rely on carbs for fuel. Pack easily digestible sources such as 100% juice, fruit leather, applesauce, fresh or dried fruit, or veggie sticks. Don't forget the more complex carbohydrate foods too, such as crackers, unsweetened dry cereal, pita or other breads, pretzels and graham crackers. Stay away from refined sugars such as soda, candy and desserts on race day.
- Think your drink. Water, 100% fruit juice and sports drinks are appropriate at a swim meet. Plain and flavored milk are great recovery drink choices after the meet; they provide protein for muscle repair and carbohydrate to re-fuel muscles.

What to send to the pool deck with your swimmer

Send swimmers with:

- Towels—at least 2. One towel is plenty for practice, but your swimmer will participate in warm-ups and likely a few events and will want to dry off after each time in the pool.
- Sweatshirts/pants/t-shirts (preferably with the Gators logo)—something to wear over their swimsuit between events. It feels much cooler when you are wet than when you are sitting in the stands.
- Snacks, as discussed previously
- Greenwood Gators cap, team suit (solid black suit), and goggles. If your swimmer needs a new Gators cap, please see Dana Peckinpugh to purchase one.
- A great attitude, a hug for luck, and a big dose of team spirit! Go Gators!

Arriving for the meet and positive check-in

- Check the meet letter for the start time of warm-ups for your swimmer's session. Please plan to have your swimmer at the pool approximately 15-20 minutes prior to practice start time. Why? Because...
- Your swimmer will need to sign-in (positive check-in) by highlighting their name and event numbers on the sign in sheets located outside the pool. This lets meet staff know that your swimmer is present and plans to swim in the events he/she is registered in. Sign-in sheets are taken down 15 minutes into the warm-up session and swimmers not checked in will be scratched from all events.

Following the events on meet day

- Heat sheets are usually printed and available for purchase at the beginning of each session. Heat sheets have a listing of each event and are broken down by heat. Swimmers will be listed in the heat and lane in which they swim for each event. Please see the attached example.
- Meet Mobile is an app that is available for download to your mobile device which also lists the events in the meet. The app is free and there are two subscription options for obtaining results within the app. A monthly subscription is \$1.99 and an annual subscription is \$5.99. Most meets that the Gators participate in utilize Meet Mobile
- Results will also be posted by gender and age group near the pool—ask meet volunteers for the locations of posted results.

Example heat sheet

2017 SE Indiana Divisional Championship, Sanction #: IN17167
Columbus North HS - 25yds
Meet Program - Saturday Timed Finals

#17 Girls 10 & Under 100 Yard Butterfly

1:22.79 AGS

1:37.69 DIV

| LaneName | Age | Team | Seed Time |
|---------------------------|-----|------|-------------|
| Heat 1 of 1 Finals | | | |
| 1 Anelisa Auxier | 10 | SDS | 1:35.85 DIV |
| 2 Ambria Clark | 9 | CAST | 1:35.41 DIV |
| 3 Emilee Knueve | 10 | MA | 1:34.78 DIV |
| 4 Olivia Owens | 10 | NCSC | 1:32.00 DIV |
| 5 Olivia Ford | 9 | GRE | 1:33.59 DIV |
| 6 Circa Mazdai | 10 | CGAC | 1:34.83 DIV |
| 7 Elizabeth Mad | 10 | CGAC | 1:35.69 DIV |

#18 Boys 10 & Under 100 Yard Butterfly

1:24.19 AGS

1:39.39 DIV

| LaneName | Age | Team | Seed Time |
|---------------------------|-----|------|-------------|
| Heat 1 of 1 Finals | | | |
| 3 Isaac Layton | 10 | FRST | 1:35.20 DIV |
| 4 Gavin Stachler | 9 | WWSC | 1:30.70 DIV |
| 5 Evan Hewitt | 10 | GRE | 1:32.49 DIV |
| 6 Jacob Hawkins | 10 | DCS | 1:39.22 DIV |

#19 Girls 10 & Under 50 Yard Backstroke

36.09 AGS

42.59 DIV

| LaneName | Age | Team | Seed Time |
|---------------------------|-----|------|-----------|
| Heat 1 of 3 Finals | | | |
| 1 Anelisa Auxier | 10 | SDS | 42.58 DIV |
| 2 Avery Weesner | 10 | ICAC | 42.48 DIV |
| 3 Gabriella Paris | 10 | SEY | 42.04 DIV |
| 4 Circa Mazdai | 10 | CGAC | 41.45 DIV |
| 5 Addison Martl | 9 | CGAC | 41.72 DIV |
| 6 Daniella Prestc | 10 | COST | 42.04 DIV |
| 7 Rachel Stutz | 10 | GCAT | 42.55 DIV |
| Heat 2 of 3 Finals | | | |
| 1 Elizabeth McK | 10 | MA | 41.17 DIV |
| 2 Reagan Reany | 10 | ECST | 40.68 DIV |
| 3 Lauren Gage | 9 | H2O | 40.38 DIV |
| 4 Sophia Dolenc | 10 | EHAC | 39.79 DIV |
| 5 Alison Clauss | 10 | COST | 40.06 DIV |
| 6 Riley Schwi | 10 | MA | 40.54 DIV |
| 7 Morgan Harley | 10 | GRE | 40.91 DIV |
| 8 Kara Buntin | 10 | DON | 41.38 DIV |
| Heat 3 of 3 Finals | | | |
| 1 Kayla Fischer | 10 | CGAC | 39.44 DIV |
| 2 Ambria Clark | 9 | CAST | 39.30 DIV |
| 3 Izzie Ferguson | 10 | CGAC | 38.43 DIV |
| 4 Madelyn Higgi | 10 | CGAC | 36.40 DIV |
| 5 Keyara Johnson | 10 | GRE | 36.91 DIV |
| 6 Elizabeth Mad | 10 | CGAC | 39.17 DIV |
| 7 Olivia Owens | 10 | NCSC | 39.36 DIV |
| 8 Ellie Hockersm | 9 | GRE | 39.71 DIV |

#20 Boys 10 & Under 50 Yard Backstroke

36.89 AGS

43.59 DIV

| LaneName | Age | Team | Seed Time |
|---------------------------|-----|------|------------|
| Heat 1 of 2 Finals | | | |
| 3 Henry Lyness | 9 | CGAC | 49.34L DIV |
| 4 Cameron Cox | 10 | CGAC | 42.20 DIV |
| 5 Daniel Whitley | 9 | H2O | 43.34 DIV |
| Heat 2 of 2 Finals | | | |
| 1 Anthony Cuadi | 8 | CGAC | 42.05 DIV |
| 2 Jacob Meinczii | 10 | FRST | 40.45 DIV |
| 3 Gavin Stachler | 9 | WWSC | 38.99 DIV |
| 4 Henry Strotma | 10 | SIYS | 38.35 DIV |
| 5 Masson Heiny | 10 | WWSC | 38.72 DIV |
| 6 Jacob Hawkins | 10 | DCS | 39.99 DIV |
| 7 Max Hite | 9 | CGAC | 41.78 DIV |
| 8 Jacob Hahn | 10 | CGAC | 42.09 DIV |

#21 Girls 10 & Under 100 Yard Freestyle

1:08.49 AGS

1:20.89 DIV

| LaneName | Age | Team | Seed Time |
|---------------------------|-----|------|-------------|
| Heat 1 of 3 Finals | | | |
| 2 Morgan Harley | 10 | GRE | 1:20.12 DIV |
| 3 Anelisa Auxier | 10 | SDS | 1:19.75 DIV |
| 4 Alison Clauss | 10 | COST | 1:18.85 DIV |
| 5 Gabriella Paris | 10 | SEY | 1:19.05 DIV |
| 6 Kayla Fischer | 10 | CGAC | 1:19.98 DIV |
| Heat 2 of 3 Finals | | | |
| 1 Rachel Stutz | 10 | GCAT | 1:16.46 DIV |
| 2 Riley Schwi | 10 | MA | 1:15.99 DIV |
| 3 Caleigh Schott | 8 | FRST | 1:14.45 DIV |
| 4 Emilee Knueve | 10 | MA | 1:14.24 DIV |
| 5 Reagan Reany | 10 | ECST | 1:14.40 DIV |
| 6 Keyara Johnson | 10 | GRE | 1:15.72 DIV |
| 7 Avery Weesner | 10 | ICAC | 1:16.16 DIV |
| 8 Circa Mazdai | 10 | CGAC | 1:17.17 DIV |
| Heat 3 of 3 Finals | | | |
| 1 Chloe Thaine | 10 | FRST | 1:12.89 DIV |
| 2 Izzie Ferguson | 10 | CGAC | 1:12.74 DIV |
| 3 Olivia Ford | 9 | GRE | 1:09.82 DIV |
| 4 Chloe Vitatoo | 10 | NCSC | 1:08.52 DIV |
| 5 Hailey Peckin | 10 | GRE | 1:08.66 DIV |
| 6 Madelyn Higgi | 10 | CGAC | 1:12.01 DIV |
| 7 Ellie Nguyen | 10 | CGAC | 1:12.86 DIV |
| 8 Olivia Owens | 10 | NCSC | 1:14.17 DIV |

#22 Boys 10 & Under 100 Yard Freestyle

1:09.59 AGS

1:22.19 DIV

| LaneName | Age | Team | Seed Time |
|---------------------------|-----|------|-------------|
| Heat 1 of 2 Finals | | | |
| 3 Henry Lyness | 9 | CGAC | 1:21.43 DIV |
| 4 Henry Strotma | 10 | SIYS | 1:18.16 DIV |
| 5 Anthony Cuadi | 8 | CGAC | 1:18.69 DIV |

Heat 2 of 2 Finals

| | | | |
|------------------|----|------|-------------|
| 1 Santiago Schut | 9 | ECST | 1:16.25 DIV |
| 2 Gavin Stachler | 9 | WWSC | 1:14.78 DIV |
| 3 Evan Hewitt | 10 | GRE | 1:13.65 DIV |
| 4 Masson Heiny | 10 | WWSC | 1:11.49 DIV |
| 5 Isaac Layton | 10 | FRST | 1:13.39 DIV |
| 6 Jacob Meinczii | 10 | FRST | 1:14.45 DIV |
| 7 Jacob Hawkins | 10 | DCS | 1:14.81 DIV |
| 8 Cameron Cox | 10 | CGAC | 1:16.89 DIV |

#23 Girls 10 & Under 50 Yard Breaststroke

41.59 AGS

49.09 DIV

| LaneName | Age | Team | Seed Time |
|---------------------------|-----|------|-----------|
| Heat 1 of 2 Finals | | | |
| 1 Ryann Marker | 10 | GRE | 49.00 DIV |
| 2 Eleanor Guipe | 10 | GRE | 48.68 DIV |
| 3 Caleigh Schott | 8 | FRST | 48.31 DIV |
| 4 Ainsley Sherlo | 9 | DON | 46.55 DIV |
| 5 Chloe Vitatoo | 10 | NCSC | 47.87 DIV |
| 6 Elizabeth McK | 10 | MA | 48.59 DIV |
| 7 Kayla Fischer | 10 | CGAC | 48.82 DIV |
| Heat 2 of 2 Finals | | | |
| 1 Morgan Harley | 10 | GRE | 46.01 DIV |
| 2 Elizabeth Mad | 10 | CGAC | 45.15 DIV |
| 3 Izzie Ferguson | 10 | CGAC | 43.87 DIV |
| 4 Riley Schwi | 10 | MA | 43.33 DIV |
| 5 Eva Lux | 9 | FRST | 43.68 DIV |
| 6 Keyara Johnson | 10 | GRE | 44.24 DIV |
| 7 Chloe Thaine | 10 | FRST | 45.25 DIV |
| 8 Madelyn Higgi | 10 | CGAC | 46.32 DIV |

#24 Boys 10 & Under 50 Yard Breaststroke

42.39 AGS

50.09 DIV

| LaneName | Age | Team | Seed Time |
|---------------------------|-----|------|-----------|
| Heat 1 of 2 Finals | | | |
| 3 Jakob Dudley | 8 | NCSC | 49.77 DIV |
| 4 Santiago Schut | 9 | ECST | 48.17 DIV |
| 5 Eli Graybeal | 10 | CGAC | 49.15 DIV |
| Heat 2 of 2 Finals | | | |
| 1 Masson Heiny | 10 | WWSC | 47.48 DIV |
| 2 Jacob Hahn | 10 | CGAC | 46.44 DIV |
| 3 Cameron Cox | 10 | CGAC | 45.80 DIV |
| 4 Henry Strotma | 10 | SIYS | 44.12 DIV |
| 5 Evan Hewitt | 10 | GRE | 44.34 DIV |
| 6 Evan Schwi | 10 | MA | 46.04 DIV |
| 7 Isaac Layton | 10 | FRST | 47.24 DIV |