

Attending a Swim Meet

WHAT TO BRING

- Swim suit, cap, goggles (extras if available, just in case)
- Towels (2 or 3)
- Warm ups or sweats to keep warm between events
- Healthy snacks, water, Gatorade
- Dry clothes for after the meet
- MONEY – most meets will charge admission for spectators. There is usually a concession area selling drinks and food as well.

BEFORE THE MEET STARTS

- 1) Ensure your swimmer eats a healthy breakfast.
- 2) Arrive at the pool at least 15 minutes before the scheduled warm up time.
- 3) Have your swimmer locate the VSC team on the pool deck.
- 4) Have your swimmer check in with the coach and determine if there are any special check in procedures for that meet.
- 5) Once checked in, you may need to help your swimmer write their event information on their arm with a Sharpie marker (see example below).
- 6) Make sure your swimmer is back with the team by the time warm ups start.
- 7) PLEASE NOTE: According to USA Swimming rules, parents are not allowed on the pool deck unless they are serving in an official capacity.

DURING THE MEET

- 1) If a Clerk-of-course is present, your swimmer will report to a gathering area where they will be lined up according to their heat and lane assignments. The Clerk-of-course will then lead the swimmers out to the starting blocks.
- 2) If there is no Clerk-of-Course it will be the responsibility of the swimmer to report to their assigned lane starting block. Coaches will help new swimmers with this process.
- 3) After each event, the swimmer should go directly to the VSC coaches to discuss their swim.
- 4) When a swimmer is done for the day, they should check with a coach before leaving to make sure they are not included in a relay at the end of the meet.

*** Keep your eyes open for other VSC parents in the stands. We were all in your shoes at one time with a new swimmer and no idea about how meets are run. Please don't ever hesitate to ask for help, ask questions, or just say "Hi".

Example of a Heat Sheet

#16 Boys 7-8 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 06:56 PM				
1	Grubaugh, Liam	7	FINS-GA	20.97
2	Plantamura, Nicholas	8	PRC-GA	17.73
3	Hill, Michael	8	FINS-GA	17.84
4	Hodell, Riley	8	PRC-GA	17.24
5	Wohlford, Nate	7	FINS-GA	18.72
6	Monroe, Adam	8	PRC-GA	22.23
Heat 2 of 3 Finals Starts at 06:57 PM				
1	Wohlford, Ben	7	FINS-GA	25.03
2	Jay, Baxter	8	PRC-GA	23.23
3	Epping, Atley	8	FINS-GA	21.06
4	Hooker, Owen	8	PRC-GA	22.97
5	Howe, Graham	8	FINS-GA	24.45
6	Holbrook, Charlie	7	PRC-GA	30.94
Heat 3 of 3 Finals Starts at 06:58 PM				
1	Lee, Evan	7	FINS-GA	40.23
2	Gault, Rob	7	PRC-GA	35.68
3	Copley, Caleb	8	FINS-GA	31.40
4	Bentley, Bryce	7	PRC-GA	32.98
5	Avecilla, Misael	8	FINS-GA	33.59
6	Payne, Robert	7	PRC-GA	42.11

#17 Girls 9-10 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals Starts at 07:00 PM				
1	Ledbetter, Bailey	9	FINS-GA	18.50
2	Munger, Audrey	9	PRC-GA	14.45
3	Prescott, Mackenzie	9	FINS-GA	17.21
4	Plantamura, Natalie	10	PRC-GA	14.13
5	Wohlfrod, Rachel	10	FINS-GA	18.24
6	Tarkenton, Olivia	10	PRC-GA	15.72
Heat 2 of 5 Finals Starts at 07:01 PM				
1	Kennedy, Kathryn	9	FINS-GA	20.31
2	Morgan, McKenzie	10	PRC-GA	16.60
3	Alexander, Lily	10	FINS-GA	19.45
4	Gilbert, Emily Kate	10	PRC-GA	16.38
5	Blitch, Christine	10	FINS-GA	20.11
6	Moak, Caroline	9	PRC-GA	18.95

#41 Girls 11-12 50 Yard Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 08:37 PM				
1	Connell, Sarah	12	FINS-GA	51.22
2	Schmidt, Erin	11	PRC-GA	46.20
3	Lee, Madison	11	FINS-GA	42.01
4	Hergott, Laura	12	PRC-GA	40.98
5	Alexander, Berry Clare	12	FINS-GA	44.44
6	Miller, Paige	12	PRC-GA	55.72
Heat 2 of 3 Finals Starts at 08:39 PM				
1	Johnson, Nathalie	12	FINS-GA	54.34
2	McCray, Alexis	11	PRC-GA	NI
3	Come, Sydney	11	FINS-GA	52.81
4	Tom, Rachel	11	PRC-GA	1:17.78
5	Wohlford, Abby	12	FINS-GA	53.08
6	Mitchell, Karlee	11	FINS-GA	55.26
Heat 3 of 3 Finals Starts at 08:41 PM				
1				
2	Farrer, Chloe	11	FINS-GA	NI
3	Grimes, Julianna	11	FINS-GA	58.38
4	Gordon, Laura	11	FINS-GA	NI
5				
6				

#42 Boys 11-12 50 Yard Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 08:43 PM				
1	Anna, Bryson	12	FINS-GA	56.57
2	Tarkenton, Chase	12	PRC-GA	41.57
3	Adair, Justin	12	FINS-GA	42.50
4	Estroff, Ben	11	PRC-GA	35.62
5	Baker, Connor	11	FINS-GA	48.72
6	Strickland, Jackson	12	PRC-GA	43.95

Now, what do I need to write on my swimmer's arm again...?

Event Number Heat Number Lane Number Stroke

#23 Girl 15-18 50 Meters Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Final Start: at 07:30 PM				
1	Kennedy Ezzell	16	PRC-GA	NT
2	Jenny Herbert	17	CSP-GA	32.42
3	Erin Hodell	15	PRC-GA	34.53
4	Emma Nelson	15	CSP-GA	30.20
5	Sarah Knapp	15	PRC-GA	42.49
6	Elizabeth Capen	17	CSP-GA	33.62
Heat 2 of 2 Final Start: at 07:32 PM				
2	Caroline Dekle	15	CSP-GA	NT
3	Maggie Kate Morley	15	CSP-GA	35.37

What should it look like on my swimmer's arm?

Be sure to write *all* of your swimmer's events on his or her arm!

