

## Swim Meets

**Q: Where do I find information on upcoming swim meets that my child may be eligible to enter?**

A: Refer to our 'Events' tab for a full list of meets that EMAC will be participating in.

**Q. How do I sign my swimmer up for a meet?**

A. All meet entries are done online. Under the 'Events' tab you will see a list of meets that EMAC will be attending, as well as a summary of each meet with dates and times. Under each meet you will see a button that says 'attend this event'. Click that and you can enter your swimmer(s) in the meet. Please look carefully at the maximum number of entries allowed per day and per meet.

**Q. Why do I need to sign my swimmer up for a meet so far in advance?**

A. Due to the increasing popularity of swimming and the limited number of USA competitions, meets tend to fill up within hours after the entry window opens.

**Q. I missed the deadline to sign my swimmer up for the meet coming up. Can I still enter them?**

A. We may be able to enter your swimmer into the meet, but nothing is guaranteed after the deadline passes. We can usually always add swimmers to our EMAC hosted meets, however, please try your best to enter your child before the deadline. This will guarantee your swimmer a spot in any meet.

**Q. Where are meets held?**

A. Most meets are in the Lehigh Valley area and some are even hosted by EMAC. Occasionally, the club travels to non-local meets including State College, PA and Pittsburgh, PA.

**Q. When are the meets held and how long do they last?**

A. This depends on the age of the swimmers and the type of meet. 8 and under meets are typically one day, Saturdays, and are usually done by 1pm. Meets for 9-14 year old swimmers are usually scheduled for Friday night (6:30-9pm), Saturday and Sunday (9am-1pm). These times are approximate. Sometimes the meets are only Saturday and Sunday. The events scheduled for Friday night are usually longer distances for older kids. (500 Free, 400 IM, 1000 Free and 1650 Free). Although the start times that are posted for a meet are pretty consistent the finish times vary widely depending on the number of swimmers entered. Remember, your swimmer can choose their events, and only go to one day of the meet if you want. You don't HAVE to go all 3 days.

**Q. Can I use my best summer league times when I enter a meet?**

A. No, you can only use times from a sanctioned USA meet. Summer league in this area is governed by a separate entity. EMAC is governed by [USA Swimming and Mid Atlantic](#). You are allowed to enter most meets without an entry time if you've never swum the event at a USA meet. It's referred to as entering with a "no time" (NT). There are a few meets that you must have a time to enter.

**Q. How much does it cost to enter a meet?**

A. Meet entry fees in our LSC are approved by Middle Atlantic Swimming. During the short course season entry fees are \$5 per event. Long course meet entry fees are \$6 per event. Long course meets usually also have a facility surcharge for each swimmer (approximately \$10). Championship level meets typically have higher entry fees. In addition to the event fees, EMAC adds a surcharge of \$5 per swimmer for all swimmers who enter any meet to help defray the cost of travel for the coaches.

**Q. Where do my seed times come from that are in the heat sheet?**

A. Because your swimmer is registered with USA Swimming, their times are automatically entered into the SWIMS Database. When the events you've chosen for a meet are entered into the computer, Team Unify searches the database and selects your best time for that stroke and distance to use as your seed time.

**Q. What type of suit should my swimmer wear at a meet?**

A. **Non-technical/competition** suits should be worn for all non-championship meets. **Speedo Endurance** suits are ideal for practices and meets due to their stronger build quality.

**Technical suits** include Speedo LZR's and Aquablades, TYR Avictor and Racer, BlueSeventy Kneeskins. These suits should only be worn for championships meets like JOs and Silver Champs. Never wear these during practice unless authorized by a coach.

**Q. What should my swimmer bring to a meet?**

A. Swimmers should:

- Dress in layers- It is usually warm on deck but walking in the hallways and other parts of the building can be chilly
- Properly fitted swim suit
- Goggles that are adjusted and fitting properly as well as a backup pair
- EMAC Swim Cap
- Healthy snacks such as protein bars, fruits & vegetables, nuts & seeds, ready-to-eat cereals (Less than 9 grams of sugar per serving are best), 100% Orange Juice, Beans, Low-fat cheese, yogurt, and milk/soymilk, and lean protein (Chicken, Pork, etc.)
- Due to the large amount of calories and fat a swimmer burns in a given practice, swimmers can usually eat whatever they want as long as it is in moderation. Swimmers should avoid skipping breakfast and lunch (this an essential time for swimmers to carb and protein load before a practice and/or meet) and constantly drink fluids throughout the day (preferably water, milk, and small amounts of 100% juice).
- Towel(s)
- Pen and paper to write down event, heat and lane assignments
- Chair to have on deck (if allowed)
- Plenty of water to stay hydrated
- Cash for the snack bar (optional)

- Bring a positive attitude and winning smile!

**Q. What should a parent bring to a meet?**

A. Parents should:

- Dress in layers- The swim area is kept a comfortable temperature for the swimmers. The stands can get warm as well.
- Highlighter to highlight your swimmers events in the heat sheet
- Chair/Cushion for the bleachers. Makes it more comfortable as well as helps reserve your seat.
- Water to stay hydrated. It can get hot in the stands.
- Plenty of Cash- You will need cash if you buy anything at the snack bar, money to purchase a program with the heat sheet (list of events) as well as admission to get in to the stands to watch the meet
- Also, if your swimmer is in a distance event (400 IM, 500 Free and above) be prepared to be a timer for your swimmer if needed. Handheld timers will be supplied by the host team and can be found on deck.

**Q. What are Motivation Times and where can I find them?**

A. Middle Atlantic and USA Swimming have age group time standards designed to encourage age group swimmers to step their swimming up to the next level. These time standards guide you from just starting out in your age group to reaching your highest potential. Start at Level B and work your way up to Level AAAA times. You can find the list of Motivation Times on the Middle Atlantic website or at the following link: <http://www.maswim.org/performace/time-standards/>

**Q. What are JOs?**

A. JOs is the acronym for Junior Olympics. JO's is the Championship meet for those 14 and under. Junior Olympics are held twice a year (March for Short Course and July for Long Course) and hosted by Mid-Atlantic. Swimmers must have qualifying times to attend this meet. Qualifying times can be found here: <http://www.maswim.org/performace/time-standards/>

**Q. What are Zones?**

A. Zones are held twice a year at the end of the short course and the long course (summer) seasons. Zones is made up of all the LSC's in the Eastern Zone and swimmers who qualify will represent the Middle Atlantic LSC (Local Swim Committee) and be coached by coaches that MA Swimming designates. Short Course Zone swimmers are selected by having a top 2 time in an event when all meets in MA are tabulated. The Summer Zone team is selected by a swimmer meeting a Zone qualifying time.

**Q. What are Silver Champs?**

A. Silver Champs is a meet in which swimmers may compete in if they meet the qualifying times. They may not enter events in which they have qualified for JO's or Senior Champs.

**Q. What are Bronze Champs?**

A. Swimmers in Bronze champs may not enter any events in which they have qualified for a higher level meet (Silver, JO's, Sr Champs etc.)

**Q. What phone apps do you recommend?**

A. There are a few swimming apps that parents and swimmers find useful. Below is a list of the most used apps.

- **Meet Mobile-** The app is free with limited capabilities but to get full access to all of the information there is a subscription of \$1.99 a month or \$5.99 a year. This will allow you to be able to pull up a meet and get 'live' results from anywhere. You can search meets by swimmer or by the name of the meet. You can also find timelines on when each event is planned as well as psyche sheets prior to the meet.
- **On Deck Parent-** Parents and swimmers can do several things with this app including reviewing attendance for each swimmer, see every swim meet swum, list of best times and upcoming swim meets. You can also compare your swimmer's times against local and national time standards and there even is a splits calculator.
- **Deck Pass and Deck Pass Plus-** The swimmers seem to like this app. Swimmers can earn/collect patches for things such as best times, aging up, having a time that ended in .99, etc. They can invite other swimmers to be 'friends' and they can see all the patches each has earned. Swimmers can set goals, see the list of meets they have participated in and see their best times in each stroke.

---

**Swim Meet Officials****Q: What are the different swim meet official positions?**

A: Officials are needed in order to run a successful meet, which is judged fairly for all swimmers. Officials include stroke and turn officials, starters, referees, and administrative officials.

**Q: What steps are involved in becoming an official?**

A: Middle Atlantic has a whole section of their website devoted to officials. Here is the link that explains what it takes to become an official:

<http://www.maswimofficials.org/becomeanofficial.html>

---

**Volunteer Requirements**

**Q. What are your volunteer requirements?**

A. If you have a child swimming at an EMAC home meet, then a parent needs to volunteer.

**Q: Is there a volunteer jobs list and description of each job?**

A: Yes. A full list is on the EMAC website. Go to "Competitive Team" and then "Meet Job Description" for the full descriptions and arrival times.

**Q: How do I sign up to volunteer?**

A: You will see our home meets listed on the website. Click the 'job signup' button under each meet and choose your job. The link for job signups will be on the website weeks before the meet, so be on the lookout for emails letting you know that the signup is available.

**Q: What if I signed up to volunteer and then I am not able to? What do I do?**

A: All volunteer sign-up jobs have a closing date when members can no longer sign up to volunteer. If your plans change before the signups are closed, please log on and delete your sign up so someone else may choose that job. If your plans change after this date, it is your responsibility to find a suitable replacement for your shift and contact the volunteer coordinator.

**Q: I want to be more involved. Are there any jobs for me beyond the meets?**

A: Of course! We have several committees that you can be a part of, such as Marketing/Communications (which includes apparel and team activities), Facility, Finance and Development, and the Summer Swim Team.

**Q. What should parents wear when volunteering at a meet?**

A. It depends on the job but layers seem to work best. The pool is kept at a temperature for the swimmers so it can be hot in the pool area and cool in the hallways. If you are working on deck the floor can be slippery and wet so wear shoes that you do not mind getting wet and have some traction. Also, if you are on deck you might get splashed from time to time so wear clothes that you don't mind getting wet as well.