

Swimming Meet Readiness List



Register for the Meet!

- 1) Meet registration is done on the website.
- 2) Please follow the instructions provided.

Before the Meet:

- 1) Read the meet information. You can find meet information packets at the following websites.
 - a. USA-S Meets: www.miswim.org (on the events tab)
 - b. SWMSL Championship Meet: www.alleganaquatics.com (on the events tab)
 - c. SWMSL Dual Meets- no published information.
- 2) Check the time for warm up for your swimmer's age group.
- 3) Get directions
 - a. If you think that you cannot drive to the meet, or need a ride, ride sharing may be available.
- 4) Know your events and event numbers
 - a. Also know your best times for those events and the state meet championship time standards as well.
 - b. Best times are listed on the OnDeck Parent App
 - c. Swimmers find it easy to remember their events when written on their hand
 - i. Parents, with the entry lists, can write these event numbers on their swimmers' hands prior to arriving at the meet.
- 5) Pack-
 - a. Swimming suit
 - b. Goggles- bring at least 1 extra pair
 - c. Towels- usually 2, one for during the meet and one for after
 - d. Bag- large enough to put your stuff in to take out on deck
 - i. Typically there is not enough locker space for all meet participants
 - e. Clothes to wear on deck over your swimming suit (team parkas are great for this)
 - f. Footwear for the deck
 - g. Water and a snack
 - h. A foldable camping chair (if deck space and seating is limited)

At the meet- When you arrive:

- 1) Please try to be on deck and ready 15 minutes before warm up begins
- 2) At USA-S Meets, before going into the locker rooms, check in! There is a list of swimmer names near the entrance. Swimmers must check in on these lists (highlight their names with the highlighters) so that the meet officials know that you are there.
 - a. **Sometimes there are two lists.
 - i. The first is so the swimmers can receive their bag tags/ deck passes, which the swimmers should take care not to lose.

- ii. The second is so they can highlight their names and events. This **MUST** be done to ensure they are checked in for the meet.
- 3) Normally, there are not enough lockers for all of the meet participants. Be sure to bring a large bag to put all of your stuff in to keep on deck.
- 4) Make sure you leave any valuables in the car.
- 5) After you check in, find other teammates and the team area (or if you are first, find a place to sit)
- 6) There is often not enough bench space, so bring foldable chairs to sit on in case.

Warm-up:

- 1) There are lots of people in the water at the same time during warm up, so it's important to get in on time.
- 2) **Sit down and slide in!!**
- 3) Don't be afraid to pass people.
- 4) Try not to stop on the wall, because it is hard to start swimming again.
- 5) The coach will tell you what to do for warm up
- 6) Be sure to practice all of the strokes and turns that you will be swimming that day.

At the meet:

- 1) Know your event numbers and events (do not write on your hands)
- 2) Heat sheets are posted on the wall, usually near the starting blocks.
 - a. First, check your heat and lane assignments yourself
 - b. You may ask your coach for your heat number and lane only in cases of emergency
- 3) In each event, there are several "heats". Heats are groups of swimmers. Swimmers will have to check with the coach or with the posted heat sheet to know which heat and lane they will swim in.
- 4) Parents, please feel free to encourage and cheer for your child, letting them know that you are proud of their performance.
- 5) At SWMSL meets, there will be marshalling. This is when a parent or two calls swimmers to a designated area prior to their event, and helps them to get into the correct order.
 - a. There will typically be a board with large numbers on it when this is the case. Swimmers will need to pay attention to the board and go up when they see their event number.

Races:

- 1) Don't miss your race! Stay in the team area and pay attention.
- 2) See the coach before you swim to talk about the race strategy
 - a. A swimmer should know his/her best time
- 3) See the coach immediately after you swim to talk about the race

- 4) Our goal is always best times. Sometimes, we can call the race a success without a best time when the swimmer demonstrates improvement in a technical area.
- 5) Also, races are races. Race the other people in your heat!
- 6) Cheer for your teammates.
- 7) Watch the final heats of the events. The final heats have the fastest swimmers, and you can learn a lot by watching faster swimmers swim.

Other considerations:

- 1) Keep the team area clean. No Trash on the Floor!
- 2) There is usually an admission fee for parents to sit in the stands.
- 3) Also, meet programs cost money as well.
- 4) There is usually a concession stand with food and drinks available.
- 5) Typically, the coach will gather the team's awards at the end of the meet.
 - a. For information about who is eligible to receive awards, please refer to the meet information.
 - b. Awards can be picked up from the blue file folder box
- 6) Disqualifications (DQ's) are normal, especially for younger swimmers. It is important to understand why you were DQ'ed so that you might be able to avoid making the same mistake in the future. If you are unsure, please ask the coach.