Swim Meet information Document

Swim Leagues:

ESSL: Empire State Swim League, a group of about 8 age-group teams from the Dutchess, Ulster, Orange, and Sullivan Counties that host dual- and tri-meets as well as a league championship.

USA Swimming (US): Swimming’s national governing body that operates many smaller Local Swim Committees (including our LSC, Metro Swimming) that coordinate US Swimming sanctioned meets following a strict set of rules. Metro Swimming covers all of Long Island, NYC, and lower New York up to and including Orange and Dutchess counties. Metro hosts a few championship meets for qualifying swimmers, and the time standards are much stricter than ESSL championships since the region is much larger and there are many more teams.

Types of Meets:

Most meets we swim in are “timed final” meets. This means that there are likely to be various heats of every event, but the times from all swimmers are simply put in order of fastest to slowest for the final rankings. Even if your child wins their heat, they may not place in the top 10 of their event. Swimmers should rarely compare themselves to others when they are first starting out, as they will often be sorely disappointed once they realize how many swimmers beat them in an event; a much better comparison is to see how their times improve over time.

ESSL:

*Most ESSL meets are not US Swimming sanctioned, meaning times are not recognized by USA Swimming and therefore do not count towards US qualification events.*

* Dual meets: two entire teams swim together at one session; appropriate for any swimmer on our team including Intro to Dolphins group. Swimmers usually swim two individual events and one relay.
* ESSL Invitational (Washingtonville meet in January): multiple teams meet and swim, often over the course of multiple sessions organized by age-group; appropriate for any swimmer on our team.
* ESSL championships: the culminating event of the ESSL season, run as an invitational meet; swimmers must qualify to swim at the ESSL championships. Time standards are listed on the website. Approximately 60% of our swimmers qualify for ESSL champs every year. March 17, 2018.

US Swimming:

*Times from any US sanctioned swim meet count towards US swimming championship meets as well as ESSL championships or other local league qualification time standards. A swimmers age on the first day of any meet determines their age for that meet.*

* Dual meets: same as ESSL dual meets, only between two US sanctioned teams and with US sanctioned officials; **appropriate for all swimmers on our team**
* Invitationals: often run over the course of two or three days; appropriate for all swimmers in Gold and Silver groups, as well as many (but not all) swimmers in the Senior and Bronze groups. Not appropriate for some swimmers in Senior and Bronze depending on age and ability, and not appropriate for any swimmer in the Intro to Dolphins group. Meet organizers typically provide “meet information documents” that we link on our website that explain all meet details, including warm up times, order of events, and event limits You must read these carefully and understand what you are signing up for.
* Invitational Trials and Finals: Swimmers participate in a “trials” session in the morning and the top swimmers in each event are invited back for an evening “finals” session. After the trials events are swum, there is a very narrow window when swimmers that qualified for finals need to tell their coach if they will return for the evening session.
* US Championship meets:
* Silvers Championships: Metro Swimming’s “B” championship meet for swimmers faster than a certain time but slower than another time. Swimmers must qualify for this meet. Approximately 30% of our swimmers qualify for this meet.
* Junior Olympics: Metro Swimming’s “A” championship meet for swimmers age 14 and under. Swimmer must have very fast times. Fewer than 5% of our swimmers qualify for this meet in an average year.
* Age Group/Team Challenge: the companion meet to JOs for swimmers age 15 and up. Again, about 5% of our team qualify for this championship event.

All US swimming time standards for these championship meets are listed on a single document linked on our website or available at [www.metroswimming.org](http://www.metroswimming.org) .

Meet/Event sign-ups:

Coaches pick events for all dual meets.

Parents and swimmers are allowed to choose available days and event preferences for Invitational meets; coaches may change the events based on their knowledge of the swimmers and their goals for their athletes.

Championship events: If a swimmer has qualified for more championship events than they can swim according to the meet rules or what is prudent for their body/swim plan, we allow them to pick their preferences in accordance with their coach.

Most events in meets are specific to an age group. Per USA Swimming rules, a child may not swim in an age group that they are not a member of (i.e. swimming “up” is not allowed). Some meets host events that are “open”. This is typically for swimmers age 15 and up; occasionally, but very rarely, a coach may allow a swimmer who is not 15 to swim in an open event provided an age-appropriate version of the same event is not offered or there are special circumstances. Swimmers must have pre-approval to swim in an open event if they are not yet 15 years old.

Relay entries are always at the coach’s discretion. At dual meets, we put as many swimmers as possible in relay events. At US invitational meets, coaches will usually only enter the top swimmers in each age group in relay events or they may not enter relay events at all.

Meet entries are always through our website; the software on the site is the same as every US swim team uses so that event files may be shared.

Meet Results

Meet results are posted on our website as soon as we get them from the hosting team. They can be found under the “my account” and then “my meet results”. Often, we post the entire meet result document. In addition, if your child swims in USA Swimming meets, their times can be found on the USA Swimming Individual Times Search web-based function.

APPS

**OnDeck** is the companion app to our website, which is run by TeamUnify. You can sign up for meets from your phone if you have this app (and do everything else you can do on the website).

Many Invitational meets (but not all) provide *almost* live-time results on **MeetMobile**.

**Important information is shared with parents through email communication. It is very important that you read your emails from the team to avoid missing meet entry deadlines.**