



## SwimMAC Carolina Swim Meet Guidelines

### General Swim Meet Guidelines and Policies

- Meet warm-up times should be strictly adhered to by all swimmers. Meet warm-up times and start times will be communicated by the coaching staff prior to the meet.
- Swimmers are expected to check in with their coach at warm-ups and before and after their events.
- In competitions with preliminary and final sessions, all swimmers who qualify for the finals are expected to compete unless otherwise notified by the coach.
- All team members are strongly encouraged to return to the finals sessions to support the team and take advantage of the opportunity to learn by watching others.
- Swimmers are expected to follow the team uniform guidelines described in meet information documents provided by the coaches. This includes using the correct suit for the swimmers age and level of experience, as described in the SwimMAC Swimwear Policy.
- Swimmers are expected to sit with the team and participate in all team meet activities and team meetings.
- All SwimMAC athletes and spectators will show respect to the facilities in which we compete and regularly clean up the area and dispose of all trash appropriately.
- No deck changes are permitted. Swimmers are expected to use the locker rooms at each facility for dressing before and after competition.
- In accordance with USA Swimming policy, parents and family members are expected to remain in the spectator area and off the immediate competition deck unless they are working the meet in an official capacity.
- All questions pertaining to meet results, an officiating decision, the management of the meet, etc. should be referred to the SwimMAC coaching staff. Our coaches will pursue the matter through appropriate channels if warranted.
- No swimmers age 18 years or younger are permitted to attend a meet that requires an overnight stay or is more than 60 miles away unless accompanied by a parent or a chaperone arranged by the swimmer's parents / guardian(s).
- No swimmer can be the only SwimMAC athlete attending a meet with a member of the SwimMAC coaching staff.

