

General Swim Meet Information

"As Swimming Parents New To The Sport, What Is Best In Terms of Competition

Programs should always stress satisfaction and enjoyment, never records and awards. Swimmers who are pressured to break records (whether it is a team, local or national record) will not get full pleasure and enjoyment from his or her achievement. Instead, he or she will feel the mental stress of being pressured. This is an easy way for a swimmer to lose interest at an early age.

For younger swimmers, emphasis should be placed on proper stroke mechanics. It is much easier to learn how to swim correctly at a young age that it is to correct bad habits years later.

Competition should not be pressured and self - improvement should be stressed. Parents need to be very supportive of their child and the coach. Try not to second guess the coach, but work on maintaining an open dialogue between you and the coach to learn more about what your child is doing and how you can help.

Finally, always remember that they are a child first, last and foremost. Every child should leave each meet with a smile on their face wanting to come back to the next meet for more enjoyment.

Competition 101

Rules

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

Course

Competition pools may be short course (25 yards or 25 meters), or long course (50 meters). The international standard (as used in the Olympics) is 50 meters. World records are accomplished in 25 and 50 meter pools. USA Swimming maintains records for 25 yard, 25 meter and 50 meter pools.

Competition

Participants compete in different age groups and meets depending on their achievement level and how old they are on the first day of the meet. Traditionally recognized age groups are 10 and under, 11-12, 13-14, 15-16, 17-18. Many local meets feature 8 and under, single age groups, or senior events. Team practice groups are usually determined by age and/or ability.

Officials

Officials are present at all competitions to enforce the technical rules of swimming so the competition is fair and equitable. Officials attend clinics, pass a written test and work meets before being certified. All parents are encouraged to get involved with some form of officiating.

What To Expect At Swim Meets

You should know the warm-up time and plan on being to the pool 15 minutes before warm-up so your swimmer can change into their suit, speak with friends, greet the coach, and participate in team meeting before the actual in-water warm-up time begins.

Parents, too, need to plan ahead. Some things you will appreciate having include money, cooler, book, pen/pencil, lawn chairs. Most USS meets have concessions that serve anything from doughnuts and coffee to nacho chips, pizza, hot dogs, sandwiches and salads.

Heat sheets (program) will also be available at a cost. The price will vary depending upon how much is included. It is a good idea to buy one so you can see what events your swimmer is in, where he is seeded in his event, and help you to keep track of what's happening.

What to expect During the Meet

During the warm-up you can study the heat sheet and find your swimmer's events. You will note that there could be 50 or more other swimmers in the same event. Since everyone cannot possibly swim at the same time, the event will be swum in heats. Heats are swum from slowest seed time to fastest in timed final meets.

Conduct at a Swim Meet

As a sign of respect for your competition you should stay in the water until every athlete has completed the race, whether you finish first or last. There will be other teams that may not demonstrate the same courtesy. The family of the swimmer should always sit with the team in the team area. The swimmer should always wear team apparel with shoes or sandals always on their feet. At the age of 10 the coaching staff wants your athlete to start to take more responsibility for their swimming. One way of doing this is to teach your swimmer how to read a program and allow them to go up to the blocks for their race by themselves.

These are several helpful tips on swim meets. Every meet is different. If you ever have any questions or concerns about a meet, who attends or just what time warm up is, always feel free to call, email or go up to a coach and ask.

When Your Child Is Disqualified

The coach observed the infraction, was not surprised by the infraction, noted it, and talked with the swimmer about it. Coaches work with their swimmers every day and know each individual's difficulties with technique and tendency for mistakes. Coaches continually work with their athletes helping them to improve technique and correct mistakes but the results are rarely instantaneous. Swimmers take time to improve technique and eliminate mistakes. Coaches will enter a swimmer in an event even though the swimmer is only marginally capable of performing legal strokes and turns so that the swimmer gains experience. If the swimmer is disqualified, the coach uses it as a learning situation for the athlete.

Meet Awards

Swim meets are scored for both individuals and teams. At most dual meets no awards are given, however, dual meets offer the opportunity to earn qualifying times for championship meets. Other meets generally award ribbons or medals to individuals. Occasionally, individuals and teams may be awarded trophies. Meets vary regarding how many individual awards they provide, please refer to the meet sheet for details.

YNS Team Swimwear Policy

All team members are required to wear the YNS Team suit or other coach-approved suit at all swim meets. The North Shore Sharks team members are required to wear. Technical suits or Tech suits are not allowed without approval from the Head Coach. Swimmers must adhere to the Team tech suit/swim suit policy listed on our website. team gear to all swim meets. In addition, any cap worn in practice or in a swim meet must be a YNS team swim cap. A team parka is also recommended.

The following is the team uniform for a two, three & four-day swim meet:

Two (2) Day Swim Meet:

- Saturday:
- Sunday:

Three (3) Day Swim Meet:

- Friday:
- Saturday:
- Sunday:

Four (4) Day Swim Meet:

- Thursday:
- Friday:
- Saturday:
- Sunday:

What to bring to a meet, in general?

- TEAM cap, Team suit Team shirt
- Please always make sure your swimmer has something on their feet, shoe or sandals
- You need to bring lawn chairs from home
- Bring snacks and water (healthy please, your body is a car), there will also be a concession stand
- Please be at the pool 15 minutes before warm up starts
- When warm up ends we do a TEAM cheer
- You will want to bring an extra pair of goggles, cap and extra towels
- Warm clothes, hoodies, parkas sweats. Swimmers need to stay warm
- Purchasing a heat sheet is imperative to knowing when your child is going to swim
- It helps to write your swimmers event number, heat and lane on their hand or arm
- Sunscreen for outdoor meets

Relay team selection

The North Shore YMCA Coaching Staff shall select the swimmers for each relay conducted at any meet with relays. In selecting the relay teams, the Coaching Staff shall consider all available information, including but not limited to each team member's qualifying performance, past relay performances, personal best performances, event schedules, individual workload, other recent results and performances, consistency of performances, health, fitness levels, training preparation, scientific evaluation, and team chemistry.

Selection of swimmers for relays shall not be subject to challenge.

Preliminary and Finals Meets

Championship meets sometimes have 2 rounds of competition with preliminary heats in the morning and finals at night. The number of finals can vary between one, two or even three heats including the top 8, 16 or 24 competitors. Team points and individual awards are determined by the placing achieved in the finals only. Swimmers can only achieve the place determined by their heat. For instance, a person who is in the consolation final can only achieve up to 9th place even if they swim faster than someone in the top 8 during finals.

Meet Types

Age Group Open

These meets do not have qualification time standards. Typically, these meets offer each one of the competitive strokes in the two distances offered by each group. Some events may be open to multiple age groups. Each swimmer is allowed to enter 3-5 events per day.

Intra-Squad Meets

Competition is only between YNS swimmers. These are good practice meets for beginning swimmers and are held to build team spirit and camaraderie, and to introduce beginning swimmers to competition.

Invitational

An invitational is a meet hosted by one team, which may invite many other teams to compete. Several hundred swimmers may attend these meets. Frequently, only swimmers with certain qualifying times may attend (see time standards section, below).

Age Group and Senior Championships

All swimmers who have reached qualifying time based on the New England Swimming standards may compete in the Championships, held at the end of the short and long course seasons.

Athletes who meet certain time standards may qualify for additional championship meets such as, Sectional, Zones, and National championships. Each successive level of championship meet brings the swimmer against larger and larger pools of competitors, so that the qualifying times are progressively faster to gain entry into these meets.

Elite Showcase classic (Winter SC)

This meet serves as a top level competition for age group swimmers from around the United States, The Elite Showcase Classic is held in St Petersburg, Fl.

Sectionals

YNS participates in the "Eastern Zone Sectional Championship meets are held at the end of both Short Course and Long Course seasons for swimmers with qualifying times.

Y Nationals

YNS participates in Y-USA Swimming. The Y Nats meet is the high meet for Y swimmers. Y Nats are held at the end of both Short Course and Long Course seasons for swimmers with qualifying times.

Eastern Zones

USA Swimming also divides the United States into Zones (groupings of Sections) for the purpose of conducting a Zone Championship meet. This meet occurs only at the end of Long Course season. New England selects a team to represent the LSC at the meet. To be eligible, swimmers must first obtain a qualifying time. Then swimmers submit an

application including qualifying times. A committee of coaches then selects the team that will represent New England Swimming in competing at the Eastern Zone Championships.

USA Swimming Junior National Championships

Junior Nationals are exclusively for swimmers age 18 and under and the meet is held each December (short course) and August (long course). This meet serves as a stepping stone to the top national and international level meets for 18 and under athletes.

USA Swimming National Championships/ Olympic Trials/ US Open

These top national level competitions are held at different times throughout the year and serve as qualifying meets for international level competitions.

Zone Select & National Select Camps

Camps conducted by USA Swimming. These camps are to identify young rising talent. Camps are to expose swimmers to being apart of the USA National Team. Camps are conducted in New England or Colorado in May or October.

National Junior Team

The National Junior Team is comprised of the top 18 and under swimmers in the country and serves as the first step in the National Team hierarchy. Team members typically attend a National Team camp and an International Competition. Making this team is a goal for many of our top athletes.

USA National Team

The USA National team is comprised of the top 2 swimmers in each event in the country. This team is sent to competitions such as the Olympic Games and the World Championships.

North Shore YMCA Sharks Meet Progression

Local Age Group meets Swim meets

- YNS IMX Invitational
- Candy cane Classic
- Reid Sacco
- Fall League
- 10 & Under Meets
- Specialty meets



YNS Intra-Squad Meets

Age Group Swimmers

Senior Swimmers

New England Swimming Championship meets

Needs Qualifying Time



Eastern Zone Age Group Championships*

Eastern Zone Senior Championships*

8 & Under

Regionals

Silvers*

Age Group (14 & under) *

Senior (15 & over) *



Elite Showcase Classic

Eastern Zone Swimming Sectionals*



YMCA Nationals*

Grand Prix Meets*

USA Swimming Futures*



USA Junior Nationals*



USA National Championship*



Olympic Trials/Olympics*

*Sometime standards can be found either on the New England Swimming website or through USA Swimming. For more information, please consult your swim coach.

