



SWIM MEET 101

Going to your first swim meet can provoke anxiety and excitement at the same time. We have put this Swim Meet 101 together to help you get the, "lay of the water." It is in no way complete, and, unless noted, does not necessarily reflect the views of USA Swimming, Swim United's coaches or other team parents. Any Lake Erie Swimming questions should be directed to Lake Erie Swimming General Chair Chuck Kunsman at chuck163@yahoo.com

The official Swim United Meet Protocol can be found at the end of this sheet. Please read it in conjunction with this Swim Meet 101 to see exactly what your Coaches expect from your swimmers.

BASIC MEET INFORMATION

MEETS

USA Swimming meets are divided by age and gender:

- 8 & under
- 9-10
- 11-12
- 12 & under
- 13 -14
- 15 & over

Many meets are divided into morning and afternoon sessions and are divided by age group.

SHORT COURSE VS. LONG COURSE

SHORT COURSE

- Pools are either 25 yards or 25 meters
- Season begins in September and usually runs through March or April

LONG COURSE

- Pools are (usually) 50 meters
- Season begins in April and runs through August

TIME STANDARDS

Time Standards can be found on the Swim United website, as well as the websites for Lake Erie Swimming and USA Swimming. When a swimmer makes the Time Standards for his/her age group, they can progress through competitions at the following levels:

SHORT COURSE CHAMPIONSHIP MEET PROGRESSION	LONG COURSE CHAMPIONSHIP MEET PROGRESSION
Lake Erie Swimming 8 & under Championships	Lake Erie Swimming Age Group or Senior Championships
Lake Erie Swimming Regional Championships	Sectionals
Lake Erie Swimming Age Group or Senior Championships	NCSA Junior Nationals
NCSA Junior Nationals	Summer Junior (18&under) Nationals
Winter Junior (18&under) Nationals	Summer Nationals or US Open
Winter Nationals	Olympic or World Championship Trials

IMPORTANT RESOURCES

USAswimming.org is a terrific website that has a lot of resources for you to explore. In addition to general information, there are sections specifically for parents and for swimmers. Articles range from rulebooks and drills to nutrition and camps.

Lakeerieswimming.com has a lot of resources as well. Lake Erie swimming is the local governing body for USA swimming. The website has important announcements, meet results, historical information, and recognition for swimmers. The Wednesday or Thursday before each local meet warm up information will be posted on this website.

SWIM MEET BASICS

BEFORE THE MEET STARTS

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information handed out to all swimmers and will also be verbally communicated at practice or on our team website.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces.
3. Find the check-in place. Usually parents are not allowed on deck so this may be a responsibility of your swimmer or your swimmer's coach. Make sure your swimmer checks in with his or her coach!
 - a. Check for special posted instructions in the check-in area. Usually one will need to circle the swimmer's name or "#" before each swimmer's name, in each event he or she is swimming, that day. If this is not done, the swimmer will not be allowed to swim that event. Check-in is required so that the people running the meet know who is actually at the meet. After check-in, the meet administrators "seed" the swimmers into heats. Heat and lane assignments will be posted, so be sure your swimmer knows where to look!
 - b. Sometimes the meet is "pre-seeded" and no check-in is required. You and your swimmer can find heat and lane assignments by purchasing a program.
4. Once "checked in", write or have the swimmers write each event-number on his or her hand in ink. This helps him/her remember what events h/she is swimming and what event number to listen or watch for.
5. Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day. He/she needs to get the engine going and warmed-up before he/she can go all out.
6. After warm-up your swimmer will go back to the area where his/her team is sitting and wait there until his first event is called. This is a good time to make sure h/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
7. The meet will usually start about 10-15 minutes after warm-ups are over.
8. According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach. He or she in turn, will pursue the matter through the proper channels.
9. Psyche Sheet or Heat Sheet: A psyche sheet is usually available for sales in the lobby or concession area of the pool. It lists all swimmers in each event in order of "seed time." When the team entry is sent in, each swimmer and his/her previous best time (up to the date that the entry was submitted) in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event. A Heat sheet may be available close to the start of the meet that lists the actual heat and lane swimmer will be competing in.

MEET STARTS

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand.) He/she may swim right away after warm-up or they may have to wait awhile.
2. Generally, girls events are odd-numbered and boys events are even-numbered. Example: "Event #26, 10-Under Boys, 50 Freestyle"
3. Most meets are computerized. There are generally two ways a swimmer gets to his/her lane:
 - a. A swimmer usually reports directly to his/her lane for competition a number of heats before he/she actually swims. Check with your swimmer's coach for specific instructions.
 - b. In some novice meets, a swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the "clerk of course" or "bullpen." Swimmers should report with his/her cap and goggles. The "clerk of course" or "bullpen" area is usually where all swimmers checked in before the warm-up.
 - i. The clerk will usually line up all the swimmers and take them down to the pool in the correct order.
 - ii. You can expect at least 4-8 heats of each event.
4. The swimmer swims his or her race.
5. After each swim:
 - a. He/she is to ask the timers (people behind the blocks at each lane) his/her time.
 - b. Depending on the coach's instructions, the swimmer may be asked to do some recovery swimming if a "cool down" pool or lanes are available.
 - c. The swimmer should then go immediately to his or her coach. The coach will discuss the swim with each swimmer. Some coaches may wish to talk with the swimmer before his/her recovery swim.
6. Generally, the coach follows these guidelines when discussing swims"
 - a. Positive comments or praise
 - b. Suggestions for improvement
7. Things you, as a parent can do after each swim:
 - a. Tell him how great he/she did. The coaching staff will be sure to discuss stroke technique with him/her. You need to tell your swimmer how proud you are.
 - b. Take your swimmer back to the team and and relax.
 - c. This is another good time to check out the bathrooms, get a drink or something light to eat.
 - d. The swimmer now waits until his/her next event is called and starts the procedure again.
8. When a swimmer has completed all of his/her events it is time to go home if you want. Make sure, however, the swimmer checks with the coach to make sure he/she is not included in a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and she is not there.
9. Results are usually posted somewhere in the facility. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give the awards to the swimmers at a later time.

WHAT TO BRING

FOR SWIMMERS:

- Bathing suit
- 2 team caps
- 2 pair of goggles
- Water bottle
- 2 towels
- A light, healthy snack
- Dry clothes to wear home

As parents, we also suggest that he/she bring a chair, something to do or read and flip-flops/shower shoes. Team areas are not under direct supervision, so we advise against bringing anything available (ipads, video games.etc.)

FOR YOURSELF:

- Chair(s) to sit on: some venues do have bleachers, but they can fill up quickly (and they are not always comfortable.) We often leave our chairs in the car if we park nearby, so that we can easily get them if needed.
- Wear layers: It is usually warm in the aquatic area.
- Water and snacks: There is usually food to be purchased at a concessions stand. Purchasing snacks at a meet helps support the team that is hosting. That said, you should always feel free to bring your own snacks and drinks.
- Something to do: Book/magazine/knitting/etc. Even short meets will have downtime.
- Something for young siblings to do: Some venues offer very little room for little ones to be active. Bring something to keep them occupied. Remember to dress little ones in layers too.
- Money and pen/highlighter: Heat sheets are available for purchase for \$3-\$10 and it is helpful to highlight your swimmer's events.

ABOUT TIMING

At some point during the season you may be asked to time during a meet. For our Splash out Cancer meet, we have a volunteer sign up list for timing as well. Most meet hosts provide timers from their team, but occasionally we are asked to provide timers as well. Depending on the meet, two or three timers will be needed in each lane for the duration of the meet.

WHAT DO TIMERS DO?

- Timers sign in at the beginning of warm-ups to ensure that the meet organizer is aware of all the volunteers.
- Prior to the start of the meet, timers will be asked to attend a timer's' meeting. At the meeting, you will be given a stopwatch and shown how to use it. You will then be assigned to a lane and a head timer for that lane will be selected.
- The head timer writes down the times from all the timers for his/her lane and submits them to the runners.
- Runners collect the written times and deliver them to be recorded.
- If your timer malfunctions, you hit the wrong button, or you forget to hit the stop button, there are back up timers who can be called over to finish timing in your place for that heat or switch watches with you.
- When the meet begins, pay close attention to the Starter in order to begin timing. Watch for the flash from the strobe-light (starting light) to immediately start your watch. If there is not a flash listen for the starting beep instead.
- Lean over the end wall to stop your timing immediately when you see the swimmer touch the wall. Then report that time to the Head Timer in your lane.
- If there are touch pads in use, you may also have a separate button or plunger in your other hand that you simultaneously press but only for the finishing touch.
- Again all of this will be explained to you during the Timers Meeting.

VOLUNTEERS

Another great way to be involved in the meets is to become an LE Swimming Official and officiate at the meets. Officials are always in demand! You can become an Official by attending training sessions during the season. If you are interested contact the Lake Erie Swimming Officials Chair, Al Kominek, at allan_k2000@yahoo.com

HEAT (A.K.A. PSYCH) SHEETS - WHAT THEY ARE AND HOW TO READ THEM.

A heat sheet is your guide to know when and where to watch for you child in the pool. Also called a program, you will purchase a heat sheet for anywhere between \$2 and \$10 depending on the size of the meet. Heat sheets are good for entire meet, so be sure to bring it with you on the second day if there is one.

You may want to bring your highlighter so you can highlight your child's name and the names of other swimmers from the team. A standard ink pen is also useful to write down the final times.

Below is an example of a page from a heat sheet.

SwimStrongsville

HY-TEK's MEET MANAGER 6.0 - Page 2

SWIM CLE May 14 & Under Meet - 5/26/2016 Meet Program - SWIM CLE May 14 & Under Meet

Heat 5 Finals (#6 Mixed 12 & Under 50 Yard Backstroke)				
Lane	Name	Age	Team	Seed Time
1	Foster, Olivia G	W10	SWIM-LE	47.36
2	Kutchel, Gwen E	W9	SWIM-LE	43.57
3	Svoboda, Adam N	M10	SWIM-LE	44.92
4	Cooper, Jonathan J	M11	SWIM-LE	49.07
Heat 6 of 8 Finals Starts at 06:27 PM				
1	Arnold, Anna C	W10	CLES-LE	42.32
2	Kirkpatrick, Mackenzie P	W10	CLES-LE	40.22
3	Kovacs, Blake W	W11	CLES-LE	41.98
4	Boyle, Haley K	W11	SWIM-LE	42.81
Heat 7 of 8 Finals Starts at 06:29 PM				
1	Soboslay, Mary R	W12	CLES-LE	38.20
2	Merimee, Camille E	W12	SWIM-LE	35.68
3	Slivinski, Olivia N	W10	CLES-LE	37.29
4	Gonzalez, Josef C	M11	CLES-LE	40.19
Heat 8 of 8 Finals Starts at 06:30 PM				
1	Gadd, Colin J	M12	SWIM-LE	35.11
2	Smith, Gabrielle L	W11	CLES-LE	34.63
3	Painter, Gibson S	M11	SWIM-LE	35.08
4	Schindler, James J	M12	CLES-LE	35.19
Event 7 Mixed 14 & Under 100 Yard Backstroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Finals Starts at 06:31 PM				
1				
2	Lopp, Maddy A	W11	SWIM-LE	NT
3	Ghilezan, Robert M	M10	SWIM-LE	NT
4				
Heat 2 of 6 Finals Starts at 06:33 PM				
1	Stone, Paige M	W12	SWIM-LE	NT
2	Martin, Maclain D	W13	CLES-LE	NT
3	Harker, Paige O	W12	SWIM-LE	NT
4				
Heat 3 of 6 Finals Starts at 06:35 PM				
1	Suri, Sonya S	W13	CLES-LE	1:38.10
2	Snell, Matt P	M14	SWIM-LE	1:33.55
3	Cooper, Danielle M	W13	SWIM-LE	1:34.88
4	Munoz, John E	M14	SWIM-LE	NT
Heat 4 of 6 Finals Starts at 06:38 PM				
1	Cole, Kandace R	W14	SWIM-LE	1:26.82
2	Osoteo, Grace A	W13	CLES-LE	1:17.00
3	Martens, Braden N	M12	SWIM-LE	1:17.68
4	Ghilezan, Sebastian C	M11	SWIM-LE	1:27.60

Event 8 Mixed 10 & Under 100 Yard IM				
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals Starts at 06:44 PM				
1	Weiss, Owen T	M9	SWIM-LE	NT
2	VanHove, Sammy L	W10	SWIM-LE	NT
3	Svoboda, Adam N	M10	SWIM-LE	NT
4				
Heat 2 of 2 Finals Starts at 06:46 PM				
1	Haskins, Kayla J	W10	CLES-LE	NT
2	Kirkpatrick, Mackenzie P	W10	CLES-LE	1:30.06
3	Crislip, Faith E	W8	CLES-LE	1:37.07
4				
Event 9 Mixed 14 & Under 200 Yard Breaststroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 06:48 PM				
1	Truelsch, Jordan L	W12	SWIM-LE	NT
2	Arnold, Anna C	W10	CLES-LE	3:39.55
3	Arslanian, Andrew G	M13	SWIM-LE	NT
4	Kutchel, Abbey E	W11	SWIM-LE	NT
Heat 2 of 3 Finals Starts at 06:52 PM				
1	Horton, Elise M	W12	SWIM-LE	3:09.45
2	Gadd, Colin J	M12	SWIM-LE	3:01.99
3	Slifko, Kaleb R	M13	SWIM-LE	3:03.28
4	Minch, Avery R	W13	CLES-LE	3:20.26
Heat 3 of 3 Finals Starts at 06:56 PM				
1	Kobak, Eve M	W14	CLES-LE	2:50.82
2	Homoki, Jordyn R	W13	SWIM-LE	2:34.86
3	Zaleski, Jaden R	M13	SWIM-LE	2:50.45
4	Gadd, Shaelyn M	W14	SWIM-LE	2:53.26
Event 10 Mixed 8 & Under 25 Yard Breaststroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals Starts at 06:59 PM				
1				
2	Shimko, Molly V	W7	SWIM-LE	NT
3	Weiss, Amanda M	W6	SWIM-LE	NT
4				
Heat 2 of 2 Finals Starts at 07:00 PM				
1	Zaleski, Caleb J	M8	SWIM-LE	NT
2	Kobak, Sierra M	W8	CLES-LE	27.95
3	Biliboaca, Hailey N	W6	SWIM-LE	36.76
4				

RULES PRIMER

(This information is taken from the Parents page of USAswimming.org)

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.

Trained officials observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules that is observed by an official, a **disqualification (DG)** will result. This means that the swimmer will not receive an official time and will not be eligible for an award in that event. A disqualification may result from actions such as not getting to the starting blocks on time, false starting, performing strokes in an illegal manner, or unsportsmanlike conduct.

DQ's are also a result of technical rules violations. They include but are not limited to :

Freestyle: Walking on the bottom, pulling on the lane rope, not touching the wall on a turn, or not completing the distance.

Backstroke: Pulling or kicking into the wall once a swimmer has turned passed the vertical on the breast. Turning onto the breast before touching the wall with the hand at the finish of the race.

Breaststroke: An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissors (side stroke); not on the breast; alternating movements of the arms: taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish.

Butterfly: Alternating movements of the arms or legs; pushing the arms forward under instead of over the water surface (underwater recovery); a breaststroke style of kick; touching with only one hand at the turns or finish.

For specific language on any technical rules consult the USA Swimming Rules and Regulations book.

Violations of the rules are reported to the Referee. The rules require that every reasonable effort be made to notify the swimmer or his coach of the reason for the disqualification. If your child is disqualified in an event, be supportive rather than critical

For beginning swimmers, a disqualification should be treated as a learning experience, not as a punishment. A disqualification alerts the swimmer and coach to what portions of the swimmer's stroke need to be corrected. They should be considered in the same light as an incorrect answer in schoolwork-they point out areas that need further practice.

Disqualifications are necessary to keep the competition fair and equitable for all competitors. A supportive attitude on the part of the official, coach, and parent can make a positive situation out of the disqualification.

Looking for more? Check out USA Swimming's Rules and Regulations Page.

SWIM Team Meet Protocol

- (1) WARM-UP/ARRIVAL
 - Check www.lakeerieswimming.com the Thursday before the meet for up-to-date Warm-Up information/times
 - Please arrive at the pool 10 minutes before the start of warm-up

- (2) CHECK-IN
 - Usually, parents are not allowed on deck so this may be a responsibility of your swimmer or your swimmer's coach. Make sure your swimmer checks in with his or her coach!
 - Check for special posted instructions in the check-in area.
 - Usually one will need to circle the swimmer's name or "#" before each swimmer's name, in each event he or she is swimming, that day. If this is not done, the swimmer will not be allowed to swim that event.
 - After check-in, the meet administrators "seed" the swimmers into heats. Heat and lane assignments will be posted, so be sure your swimmer knows where to look!
 - Sometimes the meet is "pre-seeded" and no check-in is required. You and your swimmer can find heat and lane assignments by purchasing a program.
 - Once "checked in", write or have the swimmers write each event-number on his or her hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen or watch for.

- (3) TEAM WARM-UP
 - Swimmers should report to coaches for Warm-Up after they have checked in
 - Typical Warm-Up (by group)
 - Senior
 - 8x150 swim/drill/swim, kick/swim/kick by 50
 - 6x50 build
 - 100 ez...2 starts...200 ez
 - Elite
 - 6x150 swim/drill/swim, kick/swim/kick by 50
 - 6x50 descend 1-3
 - 100 ez...2 starts...200 ez
 - Performance
 - 400IM 50kick/50swim
 - 4x50 build - 2 backstroke 2 choice
 - 2 Starts
 - Development
 - 2x {50 Catch up/50 kick/50 backstroke
 - 4x25 IM order
 - 2x25 backstroke (get your stroke count)
 - 2 starts

- (4) LEAVING POOL DECK
 - NO visiting spectator stands, bathroom or Snack Bar without PERMISSION from Coach.
 - It is very important that the Coaches know where their swimmers are at all times. We do not want any swimmers missing their events simply because they left the deck without their coach knowing.

- (5) PARENTS ON DECK
 - Parents are not allowed on the pool deck during a meet (unless volunteering to work)

- (6) POST RACE
 - Swimmers should see their coaches after each race

