



## What to Expect At Swim Meet

Most of swim meets (invitational USS meet) in our area are usually outdoors. These are large meets with many teams and hundreds of participants. 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 of 6 - 10 swimmers depending on the number of lanes in the pool. Heats are swum from slowest seed time to fastest in timed final meets. Hopefully your swimmer will be in a heat with other swimmers who swim approximately as fast as he does. In a timed finals meet, swimmers swim only once in each event. The final result of the event is based on the times for everyone who swam the event. It is possible for a swimmer to win his heat (a neat accomplishment) but not place in the top 6 or 8. Final results for the event will be posted somewhere (ask) so your swimmer can check his official time and place.

### **WHAT TO DO:**

1. Have your swimmer pack his/her bags the night before if your swimmer is swimming in the morning.
2. Arrive at the meet in time for warm-ups. General Warm ups begin 1½ hours prior to the start of the meet. 8 and unders may begin warm-ups 15-30 minutes prior to the start of the meet. Swimmers aged 12 years and under usually complete competition within four hours.
3. Check in at the registration table as soon as you arrive. Circle the events you are entered in and initial them and write the events on your hand. Any events not circled will be scratched.
4. Check in with the coaches. The coaches will assign a warm-up set and mark you in attendance.
5. The team sits together. Please ask where the team is sitting and set up your things with the rest of the team.
6. There are event boards at either end of the pool where Heat and Lane assignments will be posted. Swimmers need to check these boards prior to their events and tell the coaches their assignments once they are posted.
7. You must check in with your coach before each event for instruction regarding the race.
8. Check with the timer prior to your heat to ensure that you are in the correct lane.
9. Check for your time from the timer after your race.
10. Talk to your coach about your race after you warm down.
11. Always check in with your coach before leaving the meet as you may be scheduled to swim a relay at the end of the meet.
12. Don't forget to cheer for the whole team in addition to cheering for your own child – it is a team effort.

### **WHAT TO BRING:**

1. Bring your USA swimming membership card with you.
1. The weather can change in a few hours from very warm to cool and rainy. Be prepared for all kinds of weather.
2. Parents, too, need to plan ahead. Some things you will appreciate having include money, map, cooler, book, pen/pencil, lawn chairs, sun glasses, and sun block.
3. Be sure your swimmer includes team swimsuit, extra suit for warm ups or emergencies, 2 team caps, 2 pair of goggles, waterproof sun screen, towels, dry cloths for after the meet, and a water bottle. .
4. Other items include books, games, cards, radio/headset, tent, blanket or sleeping bag, shampoo, and soap.
5. Healthy snacks of fruit and grains will help maintain energy levels throughout the session, although most USS meets have concessions that serve anything from doughnuts and coffee to nacho chips, pizza, hot dogs, sandwiches and salads.

**Important: Timing at swim meets is required for every CDST family if your child swim at the meet.**