



How To Sign Up For Swim Meets

Upcoming meets on the schedule are posted on our website under Meet/Events. A sign-up page is created for each meet/event, listing all the relevant information and allowing you to sign up once sign-ups are open. It is important to review all the posted information including looking over the Meet Announcement which posted on the sign-up page. The Meet Announcement provides all the specific information for that meet (i.e.. schedule of events, time of sessions, address of facility, etc.). Each meet is different and thus is very important to read over the Meet Announcements for each meet to know the details of that particular meet.

Parents must declare YES or NO for all swim meets and events that your swimmer(s) are eligible to participate by the sign-up deadline. You must be logged into your website account to declare. On the sign-up page click Edit Commitment and then select your swimmer then select your declaration (YES or NO THANKS) and click Save Changes. You must do this for each of your swimmers.

If selecting YES: the events for the meet will scroll down for most meets and you may select event suggestions for your swimmer, but it is not necessary to select events as the coaching staff makes the final decisions on what events will be swam at all meets. What you will find helpful is to note what events are on each day and in which sessions. There is a message box at the top under Notes where you can provide any important messages you want to pass along to the coaches for them to be aware of with regard to the meet, such as “Susie really wants to swim 200 fly if possible, thanks.” or “Susie cannot swim on Friday, she will be there on Saturday and Sunday.” Don’t forget to click Save Changes, which gets pushed down under events when you select YES.

If selecting NO: a message box will pop up under Notes allowing you to pass along any messages to the coaching staff as to why you will not be participating, you do not have to leave a message, but the coaches do find it helpful to know why your swimmer is not able to participate. Click Save Changes and you are done declaring for that meet.

Remember, you must declare for all meets—even if you are not participating. If you do not declare YES or NO, the coaches will have to waste valuable time double-checking with you about your participation.

Declaring for a meet ends on midnight the day of the sign-up deadline. Once the sign-up deadline has passed, you will NOT be able to declare and you will NOT be able to un-commit your swimmer.

Please be aware that once the sign-up deadline has passed, it is too late to get meet fees refunded if your plans change for any reason and your swimmer is unable to participate.

If the deadline has passed and your swimmer becomes available to participate, let the coaches know ASAP and they will see about late entries. Please be aware not all meets accept late entries and most meets charge extra fees for late entries if they accept them. Parents are responsible for all late entry fees if accepted.

Important notes about swim meets:

Swim meets are FUN, memorable experiences and very important to long term swimming development.

The meet schedule is posted on the team website at the start of each season and updated throughout the season. Cascade swimmers may only swim in meets on the team schedule and as approved by the head coach.

Cascade swimmers are encouraged to participate in as many meets on the schedule that they are eligible and ready to participate in. New swimmers are encouraged to participate in meets as soon as the coaching staff determines you are ready.

PNS Champs meets are the most important meets each season and required meets for all qualifiers. Please make plans far in advance for your qualified swimmer to attend.

Swimmers are required to participate in their highest level qualifying meet as approved and scheduled by the head coach. For instance, if a swimmer qualifies for sectionals or regionals or higher meets (such as Futures, Juniors, etc.) it is expected that you will be going to that meet no matter where it is unless the head coach opts not to.

Parents are expected to volunteer at our home meets to help us host a well-run competition for our swimmers and guests. Parents are encouraged to get more involved in the sport by becoming officials.

Parents are responsible for travel and lodging arrangements to away meets, with the exception of designated "team travel" meets.

Away meets are always "tentative" and subject to our entries being accepted by the meet host. Parents are encouraged to reserve their rooms so that they may be canceled should there be a change to the schedule and/or the team is no longer attending.

Parents are encouraged to get with other parents to help facilitate a swimmer's participation in meets. Please let your swimmer's coach know if you need help with getting your swimmer to any swim meet.

Parents are expected to volunteer as a timer at away meets if the host assigns timers to our team.

The coaching staff has the final say as to the eligibility and readiness of a swimmer to participate in a swim meet.

The coaching staff has the final say as to what events and relays swimmers will swim at all meets.

Cascade swimmers are entered in the maximum number of events allowed at a meet for which they are eligible and ready to swim as determined by the coaching staff.

Please direct any questions concerning the meet schedule and your swimmer's eligibility to your swimmer's coach.