

What to Expect at a Swim Meet

What happens at a swim meet?

Swimmers are expected to be at the pool where the meet is to be held at 5:00 p.m. for warm ups. If there is an emergency and your swimmer cannot make it to the meet, please call one of the directors as soon as possible. This allows time to make changes in the line ups. The line up is turned in to the other team an hour before the meet starts.

Each team warms up for about 15-20 minutes before the meet. Traditionally, the visiting team is given the courtesy of warming up last. Due to York Manor's large team, we warm up in two shifts. The 10 and under swimmers usually warm up first followed by the older swimmers. Warming up at an away meet is very important not only to loosen up, but to get a feel for the pool and count strokes from the backstroke flags to the wall.

Keep in mind the following:

- Please allow for traffic when traveling to an away meet. Directions to all away pools are on the Team Unify website.
- The meets usually run approximately 3 hours, depending on the number of swimmers. Swimmers are encouraged to stay until the end of the meet to cheer.
- There are 52 individual events and 5 relays. The events are held in this order:
 - Freestyle
 - Breaststroke
 - Individual Medley (IM)– swimmer swims all four strokes in this order– butterfly, backstroke, breaststroke, freestyle
 - Backstroke
 - Butterfly
 - **Medley Relay:** four swimmers - one from each of the following age groups (15-18, 13-14, 11-12 and 9-10), each swims one of the four strokes in this order - backstroke, butterfly, breaststroke, freestyle. There is a female and male relay.
 - Freestyle Relay: four swimmers- one from each of the following age groups (15-18., each swims freestyle

- Each swimmer may swim in up to three events (**2 individual and 1 relay**). Older swimmers swim first followed by the younger swimmers in descending age group order. Younger swimmers do not swim all events (6 and under swim freestyle and backstroke), and some distances are shorter.
- Relays are selected by the coaches and the swimmers will be notified and assisted to line up by coaches and volunteers.
- Each event is divided into heats grouped according to the age of the swimmers. There may be several heats for each age group depending on the number of swimmers. Points are scored by the first three swimmers to finish in the **first heat** of each event.
 - **First place–5 points**
 - **Second place–3 points**
 - **Third place–1 point**

Swimmers in additional heats of an event can earn heat winner ribbons but do not score points for their team. Place ribbons are provided by our team for all heats for swimmers 10 and under. Ribbons are typically available at practice the next day. We ask that only parents or swimmers with dry hands search for their ribbons in the ribbons box.

Before the meet, coaches will post the line up to tell the swimmers which events they will swim. Each team will have an area of the pool grounds for the team. **Clerk of course for our team will help line up the younger swimmers in a staging area, but it is each swimmer's responsibility to pay attention and be ready to swim.** Older swimmers should go directly to their lanes to prepare to swim.

Each meet has two paid officials who are responsible for determining that all starts, strokes, turns, and finishes are done properly. The Free State Swim League adheres to most of the U.S.S. rules. The officials are expected to disqualify swimmers for illegal techniques and their word is final. Only the swim team directors may approach an official during a meet.

What should I bring to a swim meet?

Bring a towel, goggles, swim cap, and wear your team swimsuit. Wear team colors if possible. If it is chilly, bring a sweatshirt and sweatpants to keep you warm between events. Bring chairs and/or blankets to away meets.

Most pools will let you bring your own food and snacks. Many pools have bake tables to raise money for their team.

What do I do when I'm not swimming?

CHEER, THE LOUDER THE BETTER!