



2019 Swim Meet Orientation

The Cool Dell C-Dragons compete in the Manuel Division of the Gateway Conference.

Other teams in our division: Cedarmill, MAC, Lake Chesterfield, and Brentwood

2019 Swim Meet Schedule:

June 3 - Green and White @ Cool Dell – intrasquad meet

June 10 - Cool Dell @ Cedarmill

June 17 - Castle Pines @ Cool Dell

June 24 - MAC @ Cool Dell

July 1 - Cool Dell @ Lake Chesterfield

July 8 - Brentwood @ Cool Dell

July 12 - Gateway Conference 11 & Over @ Cool Dell

July 13 - Gateway Conference 10 & Under @ Cedarmill

Parents must commit their swimmers to each meet online via Team Unify at www.CoolDellCDragons.com

The registration deadlines are the Thursday prior to each meet. If a child has not committed to a meet prior to the deadline he/she will be unable to compete. This ensures that our coaches and parent volunteers have sufficient time to organize the meet entries.

If you have questions or problems with Team Unify, please contact Jenn Christofferson at cdswimcomputer@gmail.com

C-Dragon Swim Coaches

All coaches can be contacted via email at cdswimcoach@gmail.com

Coleen Sumner, Head Coach

Ted Faulhaber, Head Coach

Kelsey Sumner, Head Assistant Coach

Reese Berry, Assistant Coach

Matthew Christofferson, Assistant Coach

Paige Gifford, Assistant Coach

Carter Murawski, Assistant Coach

Laine Ritter, Assistant Coach

Heat Sheets - A heat sheet is a program for the swim meet that shows all of the participating swimmers and which events they will be swimming as well as their heat number, lane number, age, team and seed time.

Heat sheets will be emailed to parents on the day of the meet. Please print your own copy and bring it with you to the meet.

#15 Girls 11-12 50 Yard Freestyle				#16 Boys 11-12 50 Yard Freestyle			
Lane	Name	Age Team	Seed Time	Lane	Name	Age Team	Seed Time
Heat 1 of 7 Finals Starts at 06:16 PM				Heat 1 of 4 Finals Starts at 06:23 PM			
1	Caplinger, Emma	11 CD-GT	33.08	1	Fink, Daniel W	12 CD-GT	34.27
2	Stiegemeyer, Lily	11 MACW	32.87	2	Wojciechowski, Brecken	11 MACW	42.10
3	Gifford, Paige	12 CD-GT	28.92	3	Obert, Blake O	11 CD-GT	31.99
4	Burke, Elizabeth	12 MACW	32.29	4	Pollnow, Joseph	12 MACW	38.69
5	Ritter, Laine	12 CD-GT	31.85	5	Kloepfel, Garret	12 CD-GT	33.45
6	Klebe, Grace	11 MACW	36.45	6	Wojciechowski, Tanner	11 MACW	44.57
Heat 2 of 7 Finals Starts at 06:17 PM				Heat 2 of 4 Finals Starts at 06:24 PM			
1	Glisson, Annie E	11 CD-GT	37.50	1	Kraus, Ethan D	12 CD-GT	36.77
2	Brown, Emilia	12 MACW	39.85	2	Boveri, Michael	12 MACW	46.39
3	Cooney, Eileen	12 CD-GT	35.12	3	Christofferson, Matthew	11 CD-GT	34.74
4	Yannakakis, Mary	12 MACW	38.58	4	Gill, Jack	11 MACW	46.28
5	Slane, Chickie A	12 CD-GT	36.29	5	Sommer, Adam	11 CD-GT	36.00
6	Patritti, Lucie	11 MACW	40.23	6	Kaiser, Matthew	11 MACW	46.49

Event Number – There are 78 events in each meet, which are always swum in the same order: IM, Freestyle, Breaststroke, Freestyle Relay, Backstroke, Butterfly, Medley Relay

Heat Number – This number will tell you which heat your swimmer is scheduled to be in. Each of the 87 events is divided into HEATS, with up to 6 swimmers in each heat. Heats are swum in reverse numerical order, from slowest to fastest. *Eg) If your child is swimming in Heat 5 and there are a total of 6 heats in the event, your child will swim second.* The fastest swimmers are always placed in Heat #1, and this is the only heat that is scored in a meet.

Lane Number - This number will tell you which lane your swimmer is scheduled to be in. The home team swims in the even numbered lanes (2,4,6) and the away team swims in the odd numbered lanes (1,3,5)

Seed Time – This number represents a swimmer’s best time in this event in a previous meet. If the swimmer has no previous time, their seed time will be listed as NT. Occasionally a seed time may be different from a child’s best time at a previous meet. This is due to the difference between 25 meter pools (like Cool Dell) and 25 yard pools (like Castle Pines). As a yard pool is slightly shorter than a meter pool, a best time swum in a yard pool will be converted to a slightly longer time if the next meet is in a meter pool. *eg) If your child’s time in 25 Free for a yard pool is 23.25 seconds, this will convert to 25.81 seconds in a meter pool.*

Swim Meet 101

What To Bring

- Team suit is mandatory for all swimmers
- Swim cap is mandatory for girls and recommended for boys
- Goggles – 2 pairs
- Towels – at least 2 as they get wet quickly
- Warm clothes to wear between events
- Water bottle – swimmers should stay hydrated
- Healthy snacks
- Entertainment for swimmers (and young siblings) such as books, card games, coloring books, handheld electronics, iPod, etc
- Folding chairs or blanket for swimmer in bullpen and folding chairs for spectators
- Copy of heat sheet – printed at home
- Highlighter for marking heat sheet
- Sharpie for marking swimmer
- Team spirit and a relaxed and positive attitude!

Marking Your Swimmer

To help you children keep track of their events, it is helpful to write the information on their arm with a sharpie. To help the bullpen workers keep track of your children, it is helpful to write their last name on their back.

The strokes are abbreviated with the following initials: FR – freestyle, BK – backstroke, BR – breaststroke, FL – butterfly, and IM for Individual Medley

One way is to draw a small graph on their arm using just the initials for each of the following:

E(event)	H(heat)	L(lane)	D(distance)	S(stroke)
10	3	1	25	FR
46	2	5	25	BK

