

SWIM MEETS

This portion of the handbook describes the events leading up to each swim meet and the sequence of events at each meet.

MEET SCHEDULE

Each season the league establishes a schedule for the team league meets, possible non-league meets, Invitational meets, and the league Championship Meet (in late July). The league strives for a balance between 'home' and 'away' meets.

- Most meets occur on Saturday mornings, with the occasional exception.
- The Championships Meet (in July) is a 2-day meet occurring on Saturday and Sunday. (6 & Under swimmers compete Saturday only.)
- The meet schedule for the season will be established before the beginning of the season and posted to the team website for planning purposes.
- "Dual Meets" (meets with one other team) generally last from 6:45am at check-in until around 2pm. (6 & Under swimmers typically finish before noon.)
- "Invitational Meets" are optional Meets. All teams in the greater Sacramento area are invited to compete. These meets are a great opportunity for your swimmer to gain exposure to new strokes, IM's and practice their skill set in a more informal setting. There is a modest fee involved for each meet. You may attend as many or as few as you like. They are also a fun way to hang out with friends from other swim clubs.

THE EVENTS

There are three types of events at each meet:

1. **Individual Events** (in which a single swimmer competes in one of the following strokes):
 - a. Backstroke
 - b. Breaststroke
 - c. Butterfly (or "Fly")
 - d. Freestyle (or crawl or "Free")
2. **Individual Medley or 'IM'**: (in which a single swimmer swims one length each of the four strokes in the following order: fly, back, breast, free)
3. **Relays** (in which 4 swimmers compete in a single relay event of two types):
 - a. Freestyle relays where each swimmer swims freestyle
 - b. Medley relays where each swimmer swims a different stroke in the following order: back, breast, fly, free

Per League By-laws, swimmers may swim in no more than three (3) individual events and two (2) relay events. The number of swimmers in a given event and the number of heats per event may be limited as well. **The swimmers who compose the relay teams for any given swim meet are selected by the coaches, at their discretion, on the basis of team needs within the age group for the strokes involved.**

Boys and girls compete separately in the following age groups, as determined by their age on June 15th:

6 & under	7-8	9-10	11-12	13-14	15-18
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Events are organized by age group and stroke. Although there are some variations, generally all the events for a particular stroke are conducted in one block. Then, all the events for the next stroke are conducted.

6 & under boys & girls typically swim only Freestyle and Backstroke events and have 1 relay at the start of the meet.

SIGN-IN / SIGN OUT OF MEETS

- Each swimmer (or parent) must sign 'In' or 'Out' of each meet they will be attending using the team website. The sign- in/out deadline is the Sunday prior to the next weekend's meet.
- When signing in for a meet, please make sure swimmers select preferred events add comments or notes for the coach's review. Coaches ultimately determine the events that swimmers will swim based on the needs of the team.
- Any swimmer who cannot attend a meet **MUST** sign out of the meet on the team website by the registration deadline for the meet.
- Any swimmer who plans to attend a meet, but forgot to sign in by the deadline, should contact a coach or board member immediately.
- If a child is sick the day of the meet, parents should call to notify a coach, board member, or the check-in coordinator **no later than 7 a.m. on the morning of the meet.**

Any swimmer/family who cannot attend the Championships Meet must contact the board CHAMPIONSHIPS REPRESENTATIVE at championship@johnsonranchbarracudas.com, in writing, at least one (1) month prior with a reason for the request to be excused.

MEET ENTRIES

Meet entries are the events each swimmer will compete in at a particular meet. Preliminary meet entries can be found on the team website at least 24 hours before the meet under your account. Final meet entry information (including heat/lane) can be found in these locations*:

- Posted at home and away meets on large white boards near the 'Relay Tent' (This includes individual and relay events.)
- On the Meet Mobile app for smartphones
- On the Parent On Deck app for smartphones

***Swimmers/Parents: Be sure to check the posted final report for changes to your events or to relay teams, as there are often changes after the morning scratch meeting!**

DISQUALIFICATION

Each of the four strokes (Freestyle, Backstroke, Breaststroke, and Butterfly) has rules governing the proper, legal technique of the stroke and turn so as to not gain an advantage over a competing swimmer. In addition, rules governing proper starts and finishes apply. In the event of an illegal stroke, turn, start or finish, a swimmer may be disqualified (DQ'd) from an event. Please refer to [USA Swimming Rules and Regulations page](#) for more information:

Swimmers who “false start” as defined in USA Swimming Rules and Regulations will be disqualified as follows:

1. Swimmers in 6&under, 7/8 and 9/10 age groups are allowed one (1) “false start” per event. In the event of a second false start by any swimmer in the same heat, the offender of the second false start will be disqualified and not permitted to swim the event.
2. Swimmers in 11/12, 13/14 and 15/18 age groups who “false start” will be disqualified immediately and not permitted to swim the event.

Coaches shall try to constructively discuss DQ's with swimmers at the meet or at practice after the meet. Swimmers who DQ for any reason shall not receive an official time or a ribbon for that event. DQ's shall be viewed as an opportunity for swimmers to learn and work with coaches toward stroke mastery.

RIBBONS AND AWARDS

Ribbons are given to every swimmer based on their finish in their heat. Points for the team are only awarded for finishes in the first heat of each event. Ribbons will be placed in swimmer files in the Swim Team File Box following the meet and can be picked up at the next practice. Swimmers and parents should not go to the scoring table during the meet for ribbons.

Ribbons are not given for Time Trials. Special awards and recognition may be given to swimmers for team, conference and league records, personal best times, scoring at Invitational Meets, high point, overall improvement during the season and sportsmanship.

PREPARING FOR A SWIM MEET

BEFORE THE MEET

Check the team website to ensure your swimmer(s) are signed 'IN' to the meet and check to see which events your swimmer(s) are swimming.

Parents, check the 'Job Sign up' tab to see which volunteer shift(s) you may have signed up for.

WHAT TO BRING TO A MEET

Each swimmer should make sure that he or she has the proper equipment for each meet:

1. Team swim suit, team cap, and **at least** 2 pairs of goggles
2. Sunscreen
3. Extra warm clothes, sleeping bag, or blanket for cold mornings and evening meets
4. A shade structure and portable chairs (EZ-Up tents can be purchased at Big 5, Costco, etc.)
5. Water and healthy snacks! Some families will pack their own lunches, however most meets provide a snack bar with lunch fare. A portable cooler is recommended for summer meets.
6. Books, games, and other relaxing activities to occupy swimmers and/or parents between events
7. Towels
8. A Sharpie (permanent marker) is recommended for writing event/heat/lane on swimmer's arm.

SWIMMER CHECK-IN

Each swimmer should check-in at the meets at least **1½ hours** before starting time of home and away meets. **Saturday meets usually start at 8:30 a.m.**

1. Find our "team area" (each team has a designated area).
2. Each swimmer must check-in in person with the Barracuda "Check-in table."
****Parents should NOT check-in their children; swimmers are NOT to leave the club after checking in****
3. Check the posted "Final Meet Program" for last minute changes to your events. Use sharpie marker to mark your swimmer's hand/arm with each event# - heat – lane. (i.e. #4 – 2 – 7)
4. Check the Relay tent for last minute changes to relays.
5. Be ready for warm-ups! Your level/age group will be called to the deck by the coaches.
6. Stay in our "team area" when not swimming.
7. Any swimmer who has not checked in by the designated time may be scratched (not allowed to compete) from the meet.

PARENT VOLUNTEER CHECK-IN

1. Parent volunteers with a scheduled shift should arrive at the meets approximately one (1) hour before the meet and check-in at the **“Volunteer Check-in Table”**. Prepare to assume duties as required. **Certain shifts may require you to arrive earlier. (i.e. Set-up, Age Group Parent, Check-in table staff)**
2. Check in with your committee head and be on time for your shift.
3. Shift one (1) begins at the start of the meet and typically ends after the last backstroke event. Shift two (2) begins at the start of all long freestyle events and lasts until the end of the meet. There are some exceptions.
4. If you are not assigned a job for a meet, and are willing step in for a shift, please let the Volunteer Coordinator know. This is much appreciated!!

WARM UPS

Each team has a set period of time before each meet to warm-up. Pay attention to the coaches for warm-up times and instructions. When asked to “clear” the pool, do so promptly. After warm-ups, the team will have team cheer and then the meet will begin.

GENERAL DECK RULES

1. No photography of any kind from behind the lane start/finish ends of any pool. No exceptions.
2. No use of cell phones behind lane start/finish ends of pool during competition/warm-up.
3. No obstruction of the orderly conduct of the meet.
4. No inappropriate language or excessively loud, unsportsmanlike shouting during the meet.
5. No goofing off during races or at the starting blocks.
6. No rowdy behavior in the “team areas”.
7. Spas and wading pools may not be used at any meet.
8. Swimmers may not use the ice machine at any meet.
9. Property or facilities of any club (including locker rooms/restrooms) shall not be damaged or misused in any way.
10. Pursuant to USA-S Rule 202.4.9H use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms.
11. Pursuant to USA-S Rule 202.4.9I, “ deck changing” is prohibited.

DECK RULES CONTINUED...

Certain sections of the pool areas are restricted as to access. For example, there must be an alley on each side of the pool for the Stroke and Turn Judges, and there must be as much room as possible in the "Ready Bench" and Timer's areas. Unless you are authorized to be in such areas, please keep out.

Parents of young swimmers should try not to enter the Ready Bench area. Ready Bench volunteers and Age Group/Assistant/Junior Coaches may assist and encourage apprehensive younger swimmers.

The following are strictly prohibited in the pool area:

- Smoking
- Glass containers
- Alcoholic beverages
- Profanity or abusive language

The Meet Referee has the authority to eject any person from the pool area who is not abiding by these rules.

HOW A MEET WORKS

Once you have arrived, checked-in, warmed-up with your level, checked the posted 'Final Meet Report' and marked your event information on your arm, the meet is almost ready to begin! A typical meet consists of 83 events, running in order starting with Event #1 (6 & under Mixed Freestyle Relays). Each event consists of several heats usually with the fastest heats swum first.

When the meet begins:

- The announcer will call for certain events to report to the Ready Bench Area.
- When one of your events is called, check in with your age group coach if possible, and then go to the Ready Area.
- You will be placed in the Ready Area according to your heat and lane assignment for that event.
- You will move up until your heat is ready to swim.
- Proceed to the starting blocks when directed.
- The Starter will then call for swimmers to step up on the blocks (or enter pool for Backstroke). Do not step on blocks or enter pool until directed by the Starter.
- The Starter will command you to "Take your mark", then will sound the loud "beep" which signals you to begin your race.
- Once you have finished your race, shake hands with swimmers in neighboring lanes then exit the pool promptly. If possible, check in with your age group coach for feedback.
- Return to the 'team area' and listen for the announcer to call your next event to the Ready Bench.

All swimmers are strongly encouraged to remain at the meet until it is over. The Barracudas have a strong tradition of cheering on their teammates in the Freestyle Relays at the end of each meet! Show your team spirit!!!