

## **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!!!**