

## Swim Meet Basics

### WHAT TO BRING TO THE SWIM MEET

#### BE SURE YOUR SWIMMER BRINGS:

- Appropriate suit, goggles and cap
- 1 or 2 towels
- Warm clothes to cover up between events -- it can be cold in the morning when you're wet, even on a warm day -- such as sweats, jacket, hat
- Water in a refillable bottle

#### AS A FAMILY YOU MIGHT WANT:

- Chairs and/or blankets to sit on
- Something to do between events (a book, toys, games...)
- Sunscreen
- Food or money for food from snack bar
- Money for food

### ORDER OF EVENTS AT THE MEET

While meets at different pools start at different times, all dual meets progress in the same order:

MEDLEY RELAYS (no relays in Time Trials Meet)

FREESTYLE

BACKSTROKE

BREASTSTROKE

BUTTERFLY

INDIVIDUAL MEDLEY

FREESTYLE RELAYS (no relays in Time Trials Meet)

All events begin with 8 and unders (girls followed by boys), and progress through the older age groups before moving on to the next stroke. In a regular meet, your child will be signed up to swim up to 3 events NOT INCLUDING relay events. If your child is selected to participate in a relay, you will be notified a day or two before the event by the coach.

For time trials, swimmers will swim all strokes that they are able.

### HOW TO FIND WHEN AND WHERE YOUR CHILD WILL SWIM USING THE HEAT SHEETS:

When you arrive at the pool, you will find your child's name listed on the "Heat Sheets" (which will be posted on the wall next to the showers at our pool and in various locations at other pools. For meets at our pool, children are placed in heats in groups of 5 (because we have a 5 lane pool) according to age/ability, and each child is assigned a lane in his/her heat, other pools have up to 8 lanes so they would be in larger heats for those meets. By looking at the heat sheets, you will find out in which heat your child is competing and what lane he/she is in for that heat. This will be different from stroke to stroke, so you should find your child's name in all strokes and then write this information down. Many people use a Sharpie pen to write the information down on their child's forearm or hand.

#### FIND A PLACE TO SET UP YOUR FAMILY'S GEAR

Once you've found out all your vital meet information, you can find yourself a comfy vantage point to set up your family's "home-base" for the swim meet. When at home, our team reserves the grass area from behind the brick wall to the small coaches shed for the opposing team, so try to sit on our side of the grass (which extends from the corner before the hedges to the cement) or anywhere else within the pool deck. People often bring blankets to spread out on the grass, lawn chairs, snacks, toys or books, and even sleeping bags. It can be chilly in the morning, so it's important that your swimmer has warm clothes and 1 or 2 large towels to use to dry off and warm up.

**HOW TO GET YOUR CHILD LINED UP CORRECTLY** When you line your child up for his/her race you will find the appropriate lane and help them get in line according to their heat. There will be someone on deck to help.

**RESULTS:** Each swimmer's time is recorded as they finish the race. Swimmers under the age of 14, who completes their race legally (meaning there is no disqualification for illegal stroke) will earn a ribbon noting the time and place they finished within their heat. Ribbons are a great way to keep track of times and to reward your swimmer on a weekly basis for their accomplishments. The beauty of swimming is each swimmer is not only racing for the team, but also is racing against him/herself for a personal best time. Ribbons will be available to pick up at practice early in the week following the meet.

**SCORING (for dual meets)** For each event, points are awarded to the team whose swimmer is one of the top three times for the whole event including all heats. For example, after all 8 and under girls have completed freestyle the computer will rank all the times and give 5 points for first place, 3 points for second place, and 1 point for third place and the scoring swimmers can come from any heat in that event (however no team can "sweep" an event and take 1st, 2nd and 3rd places). Relays are also scored in the same manner, but with 7 points for first, 5 points for second, and 3 points for third. The score is generally announced at the beginning of each new stroke, but this varies by team and meet.