

Time Trials

Time Trials is the first meet of our season! It is a meet for just our team! All swimmers (except tadpoles) should attend.

TIME TRIAL BASICS:

- Warm-ups start time: 7:00am
- Meet start time: 8am
- Volunteer Check-in time (first shift): 7-7:20 no later than 7:20 (except early snack bar and setup crew who arrive earlier)
- Meet end time: The meet will end sometime around 1pm, but the exact time depends on how the day has gone.
- Swimmers bring: towel, cap, goggles, appropriate race suit (not baggy or 2-piece, color is not critical since it's only our team at this meet), sunscreen, warm clothes/sweats, food and water and/or money for food at snack bar. Other helpful items: Sharpie pen, lawn chairs, blankets

TIME TRIALS DETAILED INFO (IF YOU'RE NEW TO OUR TEAM PLEASE READ THIS):

- What is Time Trials? We don't have an opponent at Time Trials, but this first meet is crucial in preparing our swimmers for what's to come. Unlike regular dual (with opponents) swim meets, all non-tadpole swimmers are expected to participate in Time Trials. Please sign your swimmer up online to compete, if your swimmer does not plan on attending you will need to let us know that, too, by indicating that they won't attend. Please note that swimmers who do not participate will not have times for seeding the following meet against another team.
- Why do we have Time Trials? Time Trials gives new swimmers and parents an opportunity to experience the feel of a meet in a less crowded setting, gives returning swimmers a chance to get re-acquainted with the timing and routines of a meet, and gives coaches and volunteers an opportunity to work out any kinks in the systems. Swimmers also establish a baseline time for their strokes which helps in properly placing them in upcoming meets. For this reason, swimmers swim all events at time trials unless otherwise instructed by coaches.
- What is the timeframe? We will start warm-ups for the swimmers at 7:00am. The meet will begin at 8am. The meet will end sometime around 1pm, but an exact time cannot be given as it will depend on how the day is moving.
- What do swimmers bring? Swimmers should come prepared with a towel, cap, goggles, sunscreen, food and drink and an appropriate race suit, in addition to warm clothes to cover up with in between heats and after the event. It can be COLD at the pool especially in the morning. A dark Sharpie pen is also a big help for writing down heat and lane assignments on your swimmer's palm or forearm. Parents and spectators may want to bring lawn chairs or blankets for sitting on the grass. The snack bar will be open should you wish to buy food or drinks. You and your swimmer may also want games, books, etc to pass the time between events.

- What to do when you get there? When you arrive at the pool, you can find your swimmer's heat and lane assignments posted on the wall near the showers, this indicates the order of the meet and your child's placement in the events. Next, find a "home base" for your family and your stuff. Many people spread blankets and towels on the grass and situate their chairs there. If you are a volunteer, check-in and get your name tag as soon as you arrive and by the designated check-in time.
- What is a "heat"? A "heat" is a grouping of similar swimmers who will race against each other. At our pool, there are up to 5 swimmers in each heat. Each swimmer is assigned a lane (1-5 in our pool) and a heat. "Heat Sheets" are posted at the pool on the shower wall. Here you will search for your child's name and take note of his/her heat and lane assignment. A Sharpie pen is often used to mark the swimmer's arm or hand with his/her heat and lane information.
- One of the most important outcomes of Time Trials is a baseline time for your swimmer which allows them to be accurately placed in heats for upcoming dual meets.
- How can you get help at the meet? A board member or other experienced parent will be at the volunteer check-in/help desk starting at 7:00am to answer any questions. If you have any more questions about Time Trials, please feel free to email the board at meetcoordinator@waterdevils.org or ask a veteran parent--there's a wealth of knowledge on the pool deck!