



New Family Information 2021

Organized chaos best describes what a swim meet looks like: Kids are waiting to sign in at the sign in table, coaches are running around with clip boards and lists, volunteers are setting up pool side, families are putting up their own camps – there is a lot going on!

Here are some tips and hints to help children and families get through it all:

- Make sure you sign up for the meet on the web site by the Tuesday before the Saturday meet.
- The day of the meet, check your swimmer in during the designated check-in time frame. Your swimmer **MUST BE PRESENT** to be checked in. Swimmers not checked in by the scratch session will not swim in the meet.
- Warm-ups will be called by the coaches by ages when it is our team's turn. Please pay attention to when your child needs to warm up. These are not usually announced at the meets. 6 and unders typically do **NOT** warm up in the pool, but student coaches may gather them to stretch and encourage them.
- Sign up to volunteer online the week before the meet. Sign-up, then write down what you signed up for! Check in for your position on time. Your name will be called by the announcer if you don't make it to your volunteer slot. The meet will not be able to start until every slot is filled.
- Once the Heat Sheets are posted, make sure you take a picture or write down the event #, heat #, and lane # your child is in. If your child is swimming in a relay, make note of what leg they are swimming. Learn how to read Heat Sheets [here](#).
- Alternatively, you can download the MeetMobile app to see heat and lane assignments for your swimmer, once the meet is posted to the app.
- Once you know your child's heat and lane assignments, use a Sharpie and write these #'s on your child's arm. Example: 33, 1, 5; This is event 33, heat 1, and lane 5. Learn more about marking your swimmer [here](#).
- The order of events is the same at every Intersquad and Dual meet*.

The order is:

- Mixed (boys and girls together) 6 and under freestyle relay (NOT AT INTERSQUAD)
- Medley relays starting with 7/8 girls, 7/8 boys, 9/10 girls, etc (NOT AT INTERSQUAD)
- Individual Medley (IM), beginning age 9/10
- 25 Yard Freestyle, beginning girls 6 and under through boys 9/10s
- 50 Yard Freestyle, 11/12s and up
- 25 Yard Backstroke, girls 6 and under through boys 9/10s
- 50 Yard Backstroke, 11/12s through 13/14s
- 100 Yard Backstroke, 15/18s
- SHIFT BREAK – this is when volunteers change shifts and 6 and unders are finished
- 50 Freestyle, 7/8s though 9/10s
- 100 Freestyle, 11/12s and up

- 25 Breaststroke, 7/8s through 9/10s
- 50 Breaststroke, 11/12s through 13/14s
- 100 Breaststroke, 15/18s
- 25 Yard Butterfly, 7/8s through 11/12s
- 50 Yard Butterfly, 11/12s and up
- Freestyle Relays (NOT AT INTERSQUAD)

*This is the order for a typical swim season meet. Modifications to the event order may be made to accommodate any current public health guidelines on youth sporting events.

- Please do not leave a meet until you have confirmed your child is not on a final freestyle relay.
- We only print heat sheets/programs for judges, ready bench, coaches, and officials. Please do not keep a copy of these programs if you are not volunteering in one of these positions.
- It is the responsibility of the parents to get their child/ren to the ready bench area in time. Dixon calls these over the loudspeakers, but not all teams do. Not all teams run a ready bench; in those cases, it is the parent's responsibility to make sure their child is at the block ready to swim.
- Heats are normally 8 swimmers. Dual meet heats generally start with the faster swimmers, while the Championships end with the faster swimmers. In the dual meets, every child will receive a 1st – 8th place ribbon for their place in the heat they swam. The ribbons will have a sticker on the back, recording the event and their official time. Ribbons can be found under the family name in the Ribbon box at the next practice. Please do not ask for the ribbons at the meet. Ribbons are not awarded for Intersquad.
- Children who are disqualified for stroke and turn violations do not receive a ribbon. Stroke and turn slips are turned into the coaches, and information regarding the disqualification can be discussed the following week at practice. Please do not discuss disqualifications with the judges during the meet.

Checklist for Swim Meet:

- **Team Suit, or Black and Green, or solid Black** suit
- Cap and goggles – extras if possible
- Shade structure or friends with shade structure
- Towels
- Sunscreen – lots
- Blankets
- Chairs
- Water and sports drinks
- Snacks – carb loaded and fruit
- Money for snack bar – small bills please!
- Money for spiritwear table
- Camera!!
- Something for kids to do between races (cards, games)
- Pen or pencil to write times down, Sharpie to mark up your swimmer.
- Check in and work your volunteer shift
- Excited, positive attitude!

This is going to be a great year for the Dolphins! We look forward to seeing you at the pool!!!