**Swim Meets – FAQ’s**

***What should I bring to a swim meet?***

Remember to mark your items for easy recognition.

* Swim Suit
* Cap
* Goggles
* Sunscreen
* Towels
* Extra clothes
* Something to sit on (sleeping bag, old blanket, etc.)
* Parkas/Sweats to keep warm and extra T-shirts.
* Games (cards, travel games, coloring books, books, etc.)
* Food (in a small cooler).

Suggestions for items to bring: fruit juice or Gatorade; granola bars, fruits, yogurt, cereal, sandwiches.

* Water, please avoid sodas, carbonated drinks, sugary drinks.
* Pop-up Tent
* Money for snack bar

***What if we have to leave early for a meet or my swimmer can’t be there?***

If you are going to miss a meet or leave a meet early contact a coach or a board member as soon as you possibly can, the earlier the better.

In case of sudden illness, family emergency, etc. please call Jeff Grubbs (916.995.9582) or Vicky Spikes (916.718.0556)

***Is there a minimum number of swim meets my child is required to attend?***

Yes - To qualify for participation at Championships, a swimmer must swim in at least two conference meets. The board member in charge of records keeps track of all swimmers to make sure everyone meets this league requirement.

***Do I have to attend all meets with my child?***

It is fully expected that at least one parent/guardian attend the meet to supervise and cheer on their own child. The team is not responsible for your child’s conduct during the time in between – the parent is. Please do not drop your child off and assume that someone else is responsible for them – they need you!

***Does my child have to stay in the team area?***

As long as your child stays in the general area, the team will try their best to get them organized and make sure they know when to get to the ready bench on time. Please keep in mind if your child does not stay in the team area it will be your job to get them to the ready bench on time. Make sure your child understands this, as sometimes they leave the team area without your knowledge.

***What should a swimmer do when they have completed a race?***

When a swimmer is done with their race they should wait until all competing swimmers have reached the finish wall. All swimmers should congratulate their neighbor on a good swim either at the finish wall or exiting the pool area. This includes the last swimmer in relays. Announcers will let them know when to exit the pool. Remember to keep ALL comments positive including the opposing team. Practice good sportsmanship at all times.

**Championships**

***Why is Championships two days and do I need to go to both days?***

Championship meets last for two days (Saturday and Sunday) from approximately 8:00 am to 5:00 p.m. with check in at 7 a.m. on both days. Saturday events start with the Preliminaries for the individual medley (IM), short free, and back. There is a short break and then Finals for IM, free, backstroke, and medley relays are ran. Sunday events start with Preliminaries for the long free and continue with Preliminaries for the breaststroke and butterfly. After a short break, the Finals for long free, breast, fly and free relays are held.

Events for 6 & Unders are on Saturday only. Once you have determined that your swimmer is NOT in the Final Relay, you are free to leave. Please do not leave the meet without checking with the coach or board member to verify your swimmer is or is not in a Finals Relay.A missing swimmer will cause a relay team to scratch and forfeit any chance for team points or individual medals.

***What do I need to bring to Championships?***

Bring double the items you normally bring for meets since champs are 2 days. You may also want to bring money for purchases at the snack bar, programs, or championship apparel.