**Before a Meet**

BEFORE**A MEET**...Lineup sheets are prepared by the coaches to assign swimmers to events, heats & lanes.  If possible, these sheets are posted at the pool to let swimmers and parents know what events they will swim.

SWIMMERS/PARENTS **MUST INDICATE THEIR PARTICIPATION (ATTEND OR NOT ATTEND) IN EVERY SWIM MEET.**PARTICIPATION MUST BE INDICATED THROUGH THE SWIM TEAM WEBSITE AT LEAST 4 DAYS PRIOR TO A SCHEDULED SWIM MEET.

IF A SWIMMER DOES NOT REGISTER AND SIGN INTO A PARTICULAR SWIM MEET AT LEAST 4 DAYS BEFORE THE SWIM MEET, THE SWIMMER WILL NOT BE PUT INTO THE LINEUP.

Please show courtesy to our coaches and sign into meets in a timely manner. If you fail to do so, coaches end up scrambling at the last minute to fill events and relays on the day of the meet, which adds unnecessary stress to them and your teammates, in addition to delaying the meet. Repeat offenders may not be included in future meet lineups.

Lineups are submitted to the home team for the meets. If it’s a Tuesday night meet, the lineups are turned in on Sunday.  If it’s a Thursday meet, lineups are submitted by Tuesday. If it’s a Saturday meet, the lineups are submitted by Thursday. Please note that the above schedule is important to understand if you need to change the availability for your child; e.g. changes (in particular additions) submitted after Thursday for a Saturday meet might not be able to be honored. Scoring/Computers for the home team enters the lineups from both teams into the computer and resolves any conflicts: e.g. two swimmers scheduled to swim in the same lane and heat.  Reports are printed for use by the officials (to run the meet) and the Clerks of Course (to get the kids in the right place at the right time).

**Sign Up Instructions**

To sign your swimmers up for meets and/or to sign up for jobs, log in and go to the Home Page. You can click on the "Meets/Social Events Tab" or on the home page, scroll down to the bottom where you will see upcoming events. Always click on the bottom where it says view more events to ensure that all events are displayed on the same page. Each meet has two sign up buttons, an 'Attend this event (or edit commitment)' button - to sign up your swimmer(s) & 'Job signup' button to use if you are selecting that meet to fulfill one of your required jobs.

For Meet Sign Up – Sign ups are by individual meets, so you will find the meet you are signing up for and click on the 'Attend this Event ' button (sometimes the button will read' Edit Commitment') - Follow instructions - you will need to select each swimmer individually – You will be asked to declare yes or no for participation for each of your swimmers for that meet (sign up record). You must repeat this process for each swimmer. You may change your commitment at any time during the time period that sign up is open for that meet.

**If you declare NO, please put a brief note as to why (conflict, out of town, etc.) so Coach Lauren knows that you have declared 'NO' vs. no response at all.**

In the event of a change after the meet sign up closes (illness, etc), please notify the Coaches by email via [whiteeaglecoaches@gmail.com](mailto:whiteeaglecoaches@gmail.com)

Should you have any conflicts that will result in a late arrival or early dismissal from a particular meet (for example attending meet but will arrive at 10am because of family conflict) please clear the information with Coach Lauren via email and also add the specific information in the notes section when you sign up online.

**Day of Meet**

Swimmers should arrive 60 minutes before the start of the meet.  If it is an evening meet, arrival time/check-in is 4:30 pm (meets start at 5:30 pm).  If it is a morning meet, arrival time/check-in is 7:30 am (meets start at 8:30 am).  Upon arrival at the meet, swimmers check in with their coaches who will have clipboards with their events.  **If swimmers do not check in within 45 minutes of the start of the meet, they will be scratched from the meet.** Warm ups begin 30 minutes before the meet.

Before warm ups begin, coaches will check sign in sheets to verify the swimmers.  Adjustments are made if necessary. Updated line up / event sheets will be posted just prior to the start of the meet – **ALWAYS check these to make sure your swimmers events have not been altered**. Parents who are working the meet must check in no later than 30 minutes before the start of the meet and get their nametags. Listen for instructions for meetings for timers and judges. Attend meetings. Swimmers warm up.

**Order of Events**

There are 10 categories of events at a meet. They are divided by age and sex (i.e. 5 for girls and 5 for boys). The categories are 8 and under, 9-10, 11-12, 13-14 and 15-18. In addition, the 6-and-under children swim freestyle and backstroke as exhibition categories (i.e., they don't swim for team points). For very small categories (usually the older swimmers) we might swim two events simultaneously to fill up the lanes and shorten the meet.

**Events 1 and 2**  
15- to 18-year-olds: 50-Yard Freestyle

**Events 3-12**  
8-and-under through 15-18: Medley Relays

**Events 13 and 14**  
6-and-under: 25-yard freestyle

**Events 15-24**  
8-and-under through 15-18: Freestyle

**Events 25-34**  
8-and-under: 50 Freestyle; 9-10 through 15-18: Individual Medley

**Events 35-44**

8-and-under through 15-18: Butterfly

**Events 45 and 46**  
6-and-under: 25-yard backstroke

**Events 47-56**  
8-and-under through 15-18: Backstroke

**Events 57-66**  
8-and-under through 15-18: Breaststroke

**Events 67-76**  
8-and-under through 15-18: Free Relays