

What TO Bring to a Swim Meet!

Swim meets start in the early morning and generally last until the early afternoon. Please come prepared for cool weather in the AM and warm weather by the PM. Be prepared to work a little, cheer on your children during their heats, and to have a lot of fun. The following items are recommended and might be useful at a swim meet.

- Your swimmer's **swimsuit, cap, and goggles!**
- Multiple towels (usually two or more per swimmer)
- Sleeping bags for swimmers to sit on during the meet. Folding chairs for you to sit in.
- A pop-up tent or umbrella (with stand) for shade (some families share pop-ups with each other)
- Sunscreen
- Water and plenty of fluids for everyone in the family. Staying hydrated during the meet is very important for all.
- Food - Try to keep it healthy. Things like egg breakfast burritos in morning, and fruit, sandwiches and veggie-snacks in the afternoon. Put it all in an ice chest and you're ready to go! Remember, we do have a snack bar with lots of healthy options and some not so healthy ones too!
- Entertainment: Books, cards, games, and coloring supplies, are always good to have. There can be down time in between events. Bring stuff for the kids and you to keep busy!
- Layer your clothing! It is pretty chilly at 7am in the morning, but it often times warms up in the afternoon. Make sure you have cool, breathable clothes! A hat and sunglasses are good to have as well!
- A change of clothes or two for your swimmer(s).
- A Sharpie. Swimmers often have their events written on their hand or arm to remember when and what events and heats they swim.
- BE SURE LABEL YOUR STUFF!** A name is a great way to differentiate one Stingrays swim cap from another.

What NOT to Bring to a Swim Meet

Valuable and expensive devices such as iPod's, iPads, etc. unless you are prepared to watch them, Swimmers tend to leave their area unattended, whether it's to swim a race, or hang out at someone else's tent, or to watch the meet. Things are not typically stolen, but they can disappear for extended periods, and its can very difficult to track them down when everyone is packing up to leave. Things can also very easily get lost or accidentally tucked into someone else's things. Be careful what you choose to bring.

Sample Pool Layout-Setup for a Swim Meet

Check-In
Outside Front Gates

Check-in

Timers

Hospitality

Visiting Team Coaches

Stingray Coaches

Announcer
Computer/Colorado

Starter

Colorado Score Board

Stroke & Turn

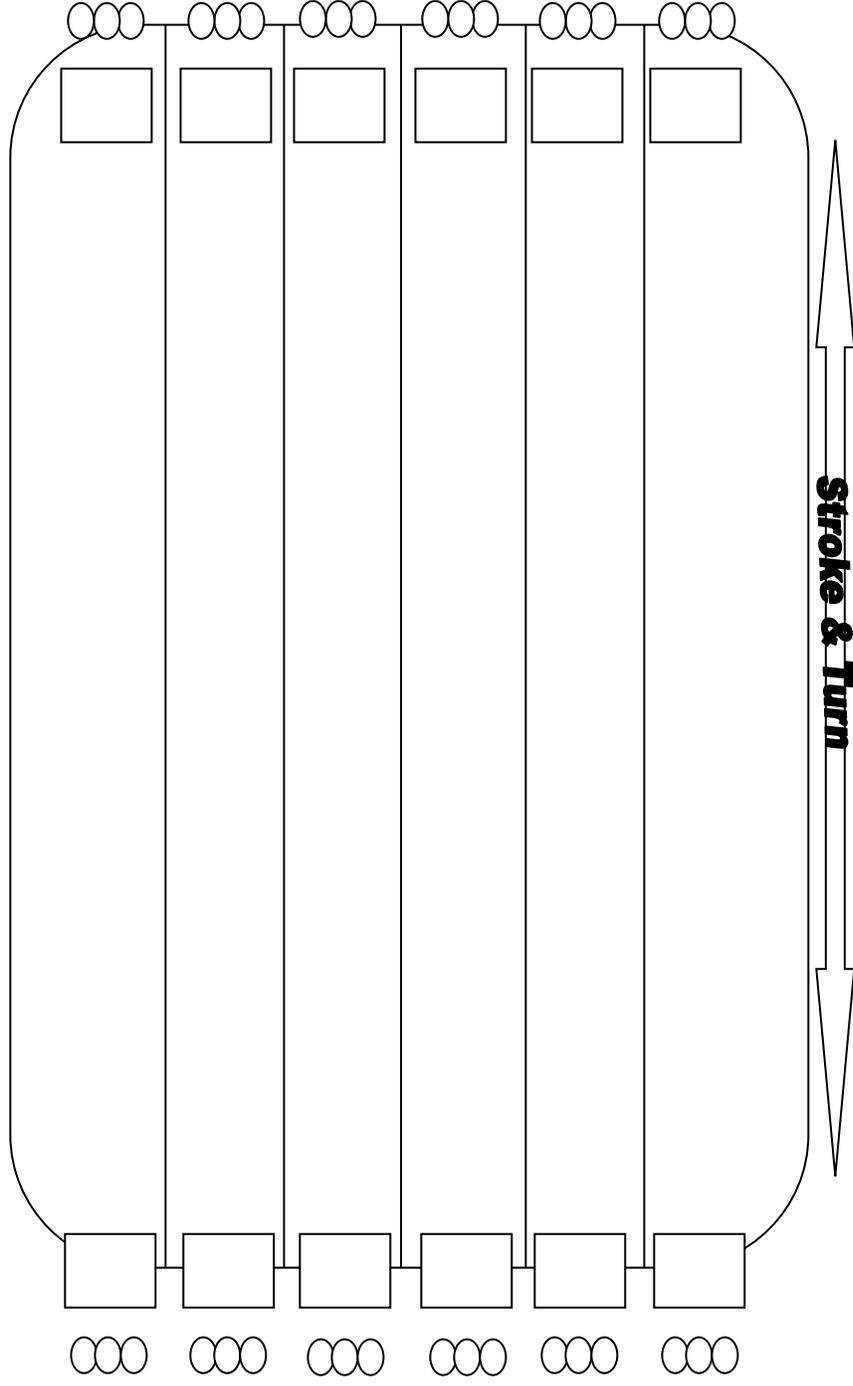
Meet Director

Meet Referee

Timers

Ready Bench

Snack Bar



Typical Swim Meet Itinerary

The following flow and times are intended to provide reference for the flow of a swim meet. They are general and are not finite and typically change a little (not too much!) depending on the size of the teams competing and the venue. Please treat this as a guide and an optimum timetable. Often, adjustments must be made but this will give you a good idea of what to expect.

- 5:00am Snack Bar Crew arrives to set up and make coffee
- 6:00 Set up crew arrives to set up equipment for meet
- 6:50-7:00 Check-in time for Swimmers and Parents (both swimmers and parents must check-in). The check-in time will vary for each meet and each location but is typically somewhere between 6:45 and 7:15am.
- 7:00 Snack Bar opens for business
- 7:15-7:30 Visiting team arrives and checks in
Home Team is in the water for warm ups
Miscellaneous announcements are made
Hospitality table sets up
- 8:15 Visiting Team is in the water for warm ups
Officials available on deck
Scratch Meet at the computer table (software now makes this process very quick)
The final listing of swimmers and heat/lane assignments is posted; meet sheets are distributed and Team Parents write on swimmer arms
- 8:15-8:45 Announcer calls the volunteers to meet with their committies (Timers meeting, Stroke & Turn meeting, Runners meeting, etc.)
- Swimmers for the first few events are called to the Ready Bench
- 8:55 Timers are seated
- 8:57 Swimmers for the first Event move to behind the timers
- 9:00 Meet Begins!
After Event 40 (end of 25 yd. Backstroke) there is a brief break to switch for the Second Shift workers
Note: all 6&U events occur in Shift One.
- 1:00 Meet concludes
Clean up crew breaks down the meet (the more hands on deck the fast this goes!)
Snack Bar crew cleans up

Sample Dual Meet Order of Events

One of the nice things about swim meets is they are predictable...in terms of the order in which events happen! The following chart lays out the order of events during a dual meet. The order of events is slightly different during our Championship meet as all relays go to finals and 6&Us only compete on the first day of Champs.

For Events 1-12, the girls swim the odd numbered events and the boys swim the even. For Events 14-87, the girls swim even numbered Events and the boys swim odd numbered Events. In the name of efficiency, there are times where Events and or heats will be combined as space allows. For example, for the Events 1 & 2, if there are only three girls and two boys entered, they will combine the Events and all swimmers will swim at the same time.

There Numbers near the Starter that indicate the number of the Event that is currently in the pool. Be sure to listen to the Announcer for race numbers and directions on when to report and where so your swimmers do not miss their races. Team Parents for the 6&U, 7/8, 9/10, and 11/12 age groups will assist in delivering the swimmers to the Ready Bench but it is the responsibility of the parents and swimmers to be available and ready (cap and goggles on) for the Team Parents. Team Parents will be writing the swimmer's last name, Event number, Heat number, and Lane number on the swimmer's upper arm to help. For a 7/8 girl it will look something like this:

SwimmerName
 3/1/4 (Event 3, Heat 1, Lane 4)
 24/2/1 (Event 24, Heat 2, Lane 1)
 36/1/6 (Event 36, Heat 1, Lane 6)
 46/1/4 (Event 46, Heat 1, Lane 4)
 78/1/2 (Event 78, Heat 1, Lane 2)

First Shift

Event #	Event Title/Stroke
1-2	15-18 200 Yd Freestyle
3-4	7-8 100 Yd Medley Relay
5-6	9-10 100 Yd Medley Relay
7-8	11-12 200 Yd Medley Relay
9-10	13-14 200 Yd Medley Relay
11-12	15-18 200 Yd Medley Relay
13	6 and Under Co-Ed Relay
14-15	9-10 100 Yd IM
16-17	11-12 100 Yd IM
18-19	13-14 100 Yd IM
20-21	15-18 100 Yd IM
22-23	6 and Under 25 Yd Freestyle
24-25	7-8 25 Yd Freestyle
26-27	9-10 25 Yd Freestyle
28-29	11-12 50 Yd Freestyle
30-31	13-14 50 Yd Freestyle
32-33	15-18 50 Yd Freestyle
34-35	6 and Under 25 Yd Backstroke
36-37	7-8 25 Yd Backstroke
38-39	9-10 25 Yd Backstroke

Second Shift

Event #	Event Title/Stroke
40-41	11-12 50 Yd Backstroke
42-43	13-14 50 Yd Backstroke
44-45	15-18 100 Yd Backstroke
46-47	7-8 50 Yd Freestyle
48-49	9-10 50 Yd Freestyle
50-51	11-12 100 Yd Freestyle
52-53	13-14 100 Yd Freestyle
54-55	15-18 100 Yd Freestyle
56-57	7-8 25 Yd Breaststroke
58-59	9-10 25 Yd Breaststroke
60-61	11-12 50 Yd Breaststroke
62-63	13-14 50 Yd Breaststroke
64-65	15-18 100 Yd Breaststroke
66-67	7-8 25 Yd Butterfly
68-69	9-10 25 Yd Butterfly
70-71	11-12 50 Yd Butterfly
72-73	13-14 50 Yd Butterfly
74-75	15-18 50 Yd Butterfly
76-77	15-18 100 Yd Butterfly
78-79	7-8 100 Yd Freestyle Relay
80-81	9-10 100 Yd Freestyle Relay
82-83	11-12 200 Yd Freestyle Relay
84-85	13-14 200 Yd Freestyle Relay
86-87	15-18 200 Yd Freestyle Relay

Shift Change

End of Shift 1/Beginning of Shift 2