

# Championships

## What to Expect

Championship weekend is different than other meets. What is described below is intended to be a guide to families both new and seasoned with Championships.

### General:

- Championships are usually one of the last weekends in July.
- This is a long (and super fun), three day meet rather than a half day, Saturday meet.
- There are more than 1,500 swimmers participating along with families in attendance. So the first thing to note, is that there are a lot of people.
- Each team is assigned a "team area", you will be notified before champs where LBD's team area is located. You should bring shade, chairs, blankets and something to do for your family's camp within the team area.
- There are some food vendors on Saturday and Sunday, but otherwise you're on your own for food.
- A schedule of events will also be available before champs.

### Schedule:

- At approximately 1 pm on Friday families can come and set up their "camp" within the team area. Pop-ups, chairs and the like can remain at Sierra College overnight, but need to be cleaned up on Sunday.
- The meet starts Friday for ages 9 and up in the late afternoon with IM's. The 6 & Unders swim only on Saturday and 7/8's swim Saturday and Sunday. Swimmers in the 6 & Unders and the 7/8 age group do not swim Friday night and there is no practice on Friday.
- Saturday morning starts early with warm-ups first. These are followed by a team parade. Next up is IM finals (finals are for the top 10-20 finishers of the prelims). After that the morning session moves into backstroke, short free, and long free trials. There is a short intermission before the afternoon session. In the afternoon session there are finals for backstroke, short free, and long free.

Saturday evening the Medley relays and 6 & Under free relay occur. Relays will be posted mid-day on Saturday in our team area. As always, coaches determine team relays. Saturday can be a very long day and many times it lasts into the evening. The league does their best to find ways to save time and speed things up, but it is best if you're prepared for the long haul.

- Sunday starts with warm ups. Following this, the morning session takes place with prelim trials for breaststroke and butterfly. There is a short intermission before the afternoon session. In the afternoon session, there are finals for breaststroke and butterfly and then free relays. Relays will be posted mid-day in our team area and are made by the coaches, at their discretion. To end the evening, there are also parent and coach relays at the end of the meet-why should the kids have all the fun?
- Following the end of competition is clean up and then league awards for high-point swimmers. Even though 6 & Unders do not swim on Sunday, they are eligible for high-point within their age group. Sunday does not run as long as Saturday, and usually ends by 3:00 or 4:00 pm.
- **On both days, there will be a sign-out sheet at our team camp for families to print their name and cell phone numbers so we may contact you if you or your swimmer is needed. Occasionally, a swimmer is needed to fill a relay and it is important we have a way of reaching you.**

#### Entries:

- All swimmers are eligible to swim all individual events. However, each swimmer can only swim either short or long free, but not both. Entries are submitted to the league in early July and based on times swum by the end of June.
- **You must sign up to enter Championships.** Unlike other meets, swimmers cannot be added in at the last minute. In order to qualify for champs, you must have swam in 3 of the 7 dual meets of the season (not including Time Trials).

#### Seating/Finals/Program:

- The meet is swum in trials and finals. Trials have all swimmers in an event competing and then the top 10-20 swimmers move on to the finals. In the trial heats the swimmers with the fastest entered

times are circle seated in the last three heats. That means, the fastest entered swimmer is in the last heat, the second fastest entered swimmer is in the second to last heat, the third fastest swimmer is in the third to last heat, the fourth fastest swimmer is in the last heat, the fifth fastest swimmer is in the second to last heat, and so on. Prior to the last three heats, each heat before that is seated purely on entered time. Swimmers with the slowest entered time will be in heat one and the heats get faster from there. If a swimmer does not have an entered time, they will be entered with NT (no time) and will swim in one of the early heats.

- The top 10 swimmers, based on time, make finals. Some events also have consolation finals for swimmers that placed 11-20. Regardless of where a swimmer is seated or which heat they swim in trials, they are eligible to make finals. It is purely based on how fast the event is swum. Results, and who makes finals, are posted at a central location and in the team area. Finals are fun to watch even if your swimmer did not qualify.
- Championships programs will be provided in a PDF format to all teams to distribute. This will tell you what heat your swimmer is in and where they are seated time-wise relative to the other swimmers. Also included in the program is a guideline as to when a particular event will swim. **This schedule is a general guide and should not be relied upon.** The times for the start of events is the league's best guess as to when events are likely to start, it is more likely to be correct early in the day and it will not be correct later in the day. A break is taken each day between trials and finals. This allows swimmers to rest, computer operations to catch up, and gives meet officials a chance to rest. Exactly when this break takes place and how long it lasts is determined each day and affects the start of finals. **Do not rely on the start times in the program, keep in contact with your team ready bench area.**
- If you are leaving the meet please sign out in the team area and leave a contact number so you can be reached in the event that your swimmer is needed.

**Scoring:** All swimmers in the finals are eligible to score points for their teams. "A" relays can also score team points.

## Relays:

- Each team can enter two relays, an A and a B relay, in each age group. Unfortunately, this means that only 8 swimmers maximum per age group get to participate in each relay. The coaches will also assign 2 alternate swimmers for each relay in the event a swimmer is missing/ill etc. Who gets to swim on the relays is purely and ultimately at the coach's discretion. The coaches base their decision as to who will swim on a relay on times swum throughout the year, times swum at championships, attitude, meet and workout attendance, meet strategy, and other factors. Their word is final.
- Relay rosters will be posted approximately by noon on each day at the team camp. If your swimmer would rather not participate on a relay, please let the coaches know early each day. If your swimmer is on a relay and does not wish to participate please let the coaches know and let the relay alternates know so that other swimmers can plan to be there and participate for our team.

**Jobs:** Running championships takes a lot of volunteer effort. **Each family is required to sign up for a minimum of 2 jobs.** If you do not sign up, you will be assigned 2 jobs. Please show up to your job shift on time. If you are late or fail to show up, someone else has to cover for you, which is unfair to others that are doing their share.

**Aftermath:** The team usually goes out to the Pizza Factory in Loomis on Sunday evening after champs. Please plan to call ahead and order ahead of time.