

WHAT TO DO WHEN YOU ARRIVE AT THE MEET:

- 1) Check-in with the Bullpen. There will be a boys check- in person and a girls check-in person. Please have your child check in.....not a friend or parent. Please help with this task.
- 2) Then find the "Event Sheets". For home meets two sets of Event sheets are posted in the windows of the club house. At away meets they are usually posted on a wall or fence, ask the bull-pen if you can not find them.

These sheets are in alphabetical order by the swimmers last name. These sheets **DO NOT** list the lane assignments! (more on lane assignments below). Under each swimmer name it will list all the races they are in. For example:

Jane Swimmer:

#1 Medley relay-back	#11D Free style
#41B Backstroke	#61 Free relay - 3

How to read these sheets:

#1 Medley relay-back - STROKE ORDER- Back, Breast, Butterfly, and Free

#1 = Event/race number

Medley relay = Event name (only one relay per age group).

Back = Jane will swim the back stroke. In the medley relay each swimmer swims a different stroke; the strokes are in alphabetical order, Back, Breast, Butterfly, and Free. The 10 and under swimmers will swim 25 yards so the Back and Butterfly need to line up at the starter/block end of the pool and the Breast, Free swimmers need to line up at the "turn end" of the pool. All relay teams need to report to the bull pen, Jane should report to the bull-pen after warm-ups/pep talk.

#11D-Freestyle

Race #11, Individual race Freestyle.

The races are in order #11, #11A, #11B, #11C, #11D. This is an individual race so Jane should report to the blocks when race #10 starts.

#41B- Backstroke:

Race # 41, Individual race- backstroke. Jane should report to the blocks by race #35.

#61 Freestyle relay #3.

Race #61, Free relay, swimmer #3.

All 4 swimmers, 25 yard relay, all swimmers will swim freestyle. Jane is in the third swimmer. 10 and under swim 25 yards so the swimmers need to lined up at both ends of the pool. Swimmers 1 and 3 line up at the starter/block end of the pool; swimmers 2 and 4 line up on the turn end of the pool. This is a relay - all relay swimmers will report to the bull pen after race #50.

- 3) Get ready for warm-ups. Listen for the coaches to call all ORCA's for warm-ups followed by coach's pep talk.
- 4) After warm-ups look for the Heat Sheets with lane numbers:
The lane assignments are listed on the Heat Sheets which list the races in race order 1-70. So you need to look up each race your in and find the lane your in for that race. PLEASE: There will be a lot of people trying to view only a limited number of heat sheets, PLEASE be patient, wait in line, and if you are not in race #1 -10 let the people in the first 10 races go first. If your first race is later in the meet wait until the crowed thins. THANKS!

Other useful information:

Race 1-10 Medley Relays

Race 11-20 Freestyle

Race 21-22 Skipped (8 and under do not race Individual Medleys).

Race 23-30 Individual Medley

Race 31-40 Breast Stroke

Race 41-50 Backstroke

Race 51-60 Butterfly

Race 61-70 Free Relays.

Girls races are odd number races

Boys races are even number races

Races start at 6:30. Home team warm-up 5:45 to 6; Away team warm-up is 6 to 6:15.