

Ins and Outs of Meets

Events

Individual events consist of freestyle, backstroke, breaststroke, butterfly and the individual medley. The individual medley (referred to as the IM) is an event in which the swimmer swims one lap of each of the four strokes. (6 & unders do not swim the IM.) Relays consist of the free relay (with four swimmers each swimming freestyle) and the medley relay (with four swimmers each swimming a different stroke). 8 & unders swim 25-yard individual events (one lap) and 100 yard relays (four laps). 9-10s, 11-12s and 13-14s swim 50 yard individual events (two laps) and 200 yard relays (eight laps). 15-18s swim 100 yard individual events (four laps) and 200 yard relays (eight laps). The IM, however, is always 100 yards.

In our swim conference (the Walnut Creek Swim Conference), the order of events at meets is as follows: medley relay, freestyle, breaststroke, backstroke, butterfly, IM, free relay. When we swim at pools that aren't in our conference, the order of events can change. Sometimes, when a meet is running too long, certain events are cancelled.

In general, each swimmer swims two individual events at each dual meet. Some swimmers are chosen to swim in the relays and a very small number of swimmers participate in the IM. The coaches choose relay teams and IM swimmers. The coaches will try to give all swimmers the opportunity to swim in some relays over the course of the summer. Because we are a big team and some of the age groups are very large, it isn't possible for every child to swim in a relay at every meet. For the same reason, it isn't possible for every swimmer to swim the IM in a dual meet during the season. Your child has the opportunity, however, to swim the IM at City Meet (see below).

The coaches schedule swimmers in events. (The exception to this is City Meet, where each swimmer may participate in three individual events of his or her choice.) For dual meets, the coaches prepare a meet schedule (also known as a meet sheet), which is usually posted at the pool the day before the meet. This sheet lists each swimmer and his or her events. All swimmers should again check the meet schedule when they arrive at the pool for a swim meet--last minute changes are sometimes made to the schedules.

Meet Procedures

On meet days, swimmers arrive at the pool in time for warm-ups (an announcement will be made before each meet by Constant Contact or poster at the pool) informing the team what time to arrive. Swimmers warm up with their age groups. Younger swimmers (8 and unders) must check in with a Shepherd and get their hand marked with their heat and lane assignments. This information will also be available on Meet Schedules, which are posted before and during the meet. The Relays are posted separately. Please check those also.

It is your responsibility to make sure your swimmers know what and where they are swimming and to double-check your younger swimmers' hands to make sure they are marked with the correct information. (This year we will be selling "Meet Programs" which should make this process easier.) Prior to the start of each 8 & under event a cowbell will ring, letting you know it is time to line your child up for the next event. Older swimmers will know from the cowbell that it is time for them, too, to keep an eye on the meet to see when to line up.

Results are posted on a bulletin board shortly after each event. Prior to leaving the pool at the end of your individual events, please recheck the relay board. Sometimes relay teams change over the course of a meet—your child may be added to a relay that he or she was not originally scheduled to swim.

What To Bring

Be prepared for the elements! It may be very hot and it may be very cold, sometimes both in one meet! What should you bring? A lot of what you choose to bring is personal preference. Your swimmer will need a towel (sometimes more than one is a good idea if it is cool out), sunscreen, cap and goggles (spares of each are a good idea). Parents might want to bring a sharpie (to write on a swimmer) or a highlighter (for the Meet Program). Camp chairs or blankets are useful, as are pop-up tents or umbrellas and stands. Unless it's very hot, you may want to bring swim parkas and blankets. Kids often bring handheld video games, playing cards, paper and

markers to amuse themselves. Food and drink are available for purchase at all meets. We'd greatly appreciate your support in purchasing meals from our well-run snack shack during home meets!

Directions

Directions to all away meets can be found on the website or in the blue book. Take care not to confuse Rudgear Meadows and Rudgear Estates!

Meet Programs

This year we are offering for sale a Meet Program subscription for the entire season. Subscribers will be given a Meet Program at each dual meet showing all swimmers, heat and lane assignments and seed times. (There may be a few programs available for purchase the day of the meet but we cannot guarantee their availability if you do not have a subscription. This will be a great way to watch the races...you'll learn about other swimmers on our team and the teams we swim against and be able to see who is swimming in each event!