



## Swim Meet 101

### Guide:

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## **What is a Swim Meet?**

In the swimming world, practice and knowing how to swim isn't everything! In order to put the swimmers' knowledge and training to the test, there are regular competitions where our team will swim against swimmers from other clubs. These meets are held all over the place and will not always be local.

When traveling to other meets, it may have more lanes than us (we have 8 lanes at Waynesville Rec Center) or less lanes than us. There are also 3 lengths of pools in the U.S. They are:

- 25 yards (Waynesville Rec)
- 25 meters (rare, but we may see this from time to time)
- 50 meters (Olympic size)

Before all swim meets, we will provide you with all the necessary information regarding location, warm-up times, dates, etc.

## What is the format of a swim meet?

All swim meets are a little bit different, but generally are formatted the same. They are divided into the following pieces:

- Warm-Up- This always occurs before the start time of the meet. It is necessary for all swimmers to attend this so they can make sure they perform to the best of their abilities while racing
- Sessions-All swim meets are divided into sessions. Depending on the size of a swim meet, they may divide the sessions by age group, so you may have an entire session of a meet that is 10 and Under, 11-12, 13+, etc. Please pay attention to which session your swimmer is swimming in! There will also sometimes be prelims/finals meets, but that is detailed below.

There are also a lot of terms that are specific to a swim meet format that you should know. They are:

- Timed finals- this means that the swimmer will have one chance to go their best time that day.
- Preliminaries/Finals format- at some of the more elite meets, you will see it in a preliminary/final format where when the swimmer can qualify to swim an event again if they place inside of a predetermined number of swimmers (example below)
  - Dan swam the 50 freestyle.
  - His time was 25.78.
  - His place in the whole event was 14th at the conclusion of the preliminary session
  - The meet will invite the top 16 swimmers to swim again later that day again
  - Dan will get to swim the 50 freestyle again in Finals
- Heat sheet- This is a piece of paper given to parents or coaches for a fee or free, depending on the host team. It will list event numbers, heats, lanes, swimmer names, and club team code (ours is SMAC)
- Event- The event number shows what order the event will be in a session
- Heat- The events are divided into heats depending on how many swimmers have registered for the event. (For example: If we are at an 8 lane pool and 24 swimmers sign up for the 50 free, they will divide the swimmers into 3 heats of 8 swimmers)
- Lane- This is the lane that the swimmer will swim their race in. Each lane has a number attached to the starting block or somewhere in the vicinity of the starting block

## How to decipher the swimming Heat Sheet

Heat Sheet Small view:

|                       |   |  |
|-----------------------|---|--|
| Event Number and Info | → | <b>Event 3 Girls 8 &amp; Under 25 Yard Freestyle</b>       |
|                       |   | Pool Record: 17.18 4/27/2019 Dasha G. Halldin at HHST 2019 |
|                       |   | <b>Lane Name Age Team Seed Time</b>                        |
| Heat Number           | → | <b>Heat 1 of 1 Finals Starts at 09:01 AM</b>               |
|                       |   | 1 Carver, Isla R 7 SMAC-NC NT ____                         |
|                       |   | 2 Galindo-Gomez, Jayleen A 8 SMAC-NC 29.75 ____            |
| Lane Number           | → | 3 Batista, Annabella N 7 HHST-NC 19.37 ____                |
|                       |   | 4 Burnette, Elizabeth A 8 HHST-NC 25.44 ____               |
|                       |   | 5 Wilkes, Eva Anne 7 HHST-NC 34.28 ____                    |

Heat Sheet Full view:

**HHST 2022 Winter Invitational - 1/22/2022**  
**Meet Program - All Events**

**Event 2 Boys 6 & Under 25 Yard Freestyle**

| Pool Record: 18.35 4/16/2016 Chase Kenter    |                |           |           |
|--|----------------|-----------|-----------|
| Lane   | Name           | Age Team  | Seed Time |
| <b>Heat 1 of 1 Finals Starts at 09:00 AM</b> |                |           |           |
| 3  | Powell, Jayce  | 6 HHST-NC | 37.82     |
| 4  | Shutze, Miller | 6 HHST-NC | NT        |

**Event 3 Girls 8 & Under 25 Yard Freestyle**

| Pool Record: 17.18 4/27/2019 Dasha G. Halldin at HHST 2019 |                          |           |           |
|--|--------------------------|-----------|-----------|
| Lane   | Name                     | Age Team  | Seed Time |
| <b>Heat 1 of 1 Finals Starts at 09:01 AM</b>               |                          |           |           |
| 1  | Carver, Iska R           | 7 SMAC-NC | NT        |
| 2  | Galindo-Gomez, Jaydeen A | 8 SMAC-NC | 29.75     |
| 3  | Batista, Annabella N     | 7 HHST-NC | 19.37     |
| 4  | Burnette, Elizabeth A    | 8 HHST-NC | 25.44     |
| 5  | Wilkes, Eva Anne         | 7 HHST-NC | 34.28     |

**Event 4 Boys 8 & Under 25 Yard Freestyle**

| Pool Record: 14.27 4/20/2018 Chase L. Kenter at Highlands 2 |                   |           |           |
|---|-------------------|-----------|-----------|
| Lane  | Name              | Age Team  | Seed Time |
| <b>Heat 1 of 1 Finals Starts at 09:02 AM</b>                |                   |           |           |
| 2   | Colandrea, Maxc   | 8 NGR-GA  | NT        |
| 3   | Simpson, Tanner J | 8 NGR-GA  | 20.71     |
| 4   | Highsmith, Eli C  | 7 HHST-NC | 27.21     |
| 5   | Shutze, Houston   | 7 HHST-NC | NT        |

**Event 5 Girls 9-10 50 Yard Freestyle**

| Pool Record: 30.97 2/25/2017 ARIANA RIVAS    |                     |            |           |
|--|---------------------|------------|-----------|
| 35.19 J.O.                                   |                     |            |           |
| Lane   | Name                | Age Team   | Seed Time |
| <b>Heat 1 of 1 Finals Starts at 09:03 AM</b> |                     |            |           |
| 1  | Simpson, Mckynlee J | 9 NGR-GA   | 49.44     |
| 2  | Hernandez, Emelina  | 9 HHST-NC  | 43.88     |
| 3  | Dearth, Corena V    | 9 HHST-NC  | 40.01     |
| 4  | Carver, Lily K      | 9 SMAC-NC  | 40.92     |
| 5  | Davis, Solie M      | 10 SMAC-NC | 48.92     |

**Event 6 Boys 9-10 50 Yard Freestyle**

| Pool Record: 29.70 11/16/2019 Chase L. Kenter at HHST 2019 F |                     |            |           |
|--|---------------------|------------|-----------|
| 34.49 J.O.   |                     |            |           |
| Lane   | Name                | Age Team   | Seed Time |
| <b>Heat 1 of 2 Finals Starts at 09:04 AM</b>                 |                     |            |           |
| 1  | Colandrea, Matteo   | 9 NGR-GA   | NT        |
| 2  | Burnette, William D | 9 HHST-NC  | 1:02.59   |
| 3  | Garner, Asa Q       | 9 HHST-NC  | 55.16     |
| 4  | Johnston, Mason     | 9 HHST-NC  | 55.67     |
| 5  | Tercero, Logan E    | 10 NGR-GA  | NT        |
| <b>Heat 2 of 2 Finals Starts at 09:05 AM</b>                 |                     |            |           |
| 1  | Highsmith, Luke H   | 9 HHST-NC  | 46.85     |
| 2  | Batista, Ian S      | 10 HHST-NC | 44.05     |
| 3  | Powell, Justin D    | 9 HHST-NC  | 34.33     |
| 4  | Kenter, Blake W     | 10 HHST-NC | 34.55     |
| 5  | Lopez, Alex A       | 10 HHST-NC | 44.57     |
| 6  | Jestin, Max G       | 10 HHST-NC | 54.27     |

**Event 7 Girls 11-12 50 Yard Freestyle**

| Pool Record: 28.09 7/8/2021 Sofia Jandera-Chambless at HHS |                          |            |           |
|--|--------------------------|------------|-----------|
| 31.29 J.O.   |                          |            |           |
| Lane   | Name                     | Age Team   | Seed Time |
| <b>Heat 1 of 1 Finals Starts at 09:06 AM</b>               |                          |            |           |
| 5  | Fernandez-Faust, Trinity | 12 HHST-NC | NT        |

**Event 8 Boys 11-12 50 Yard Freestyle**

| Pool Record: 27.97 6/8/2017 Gabe Nickerson at HHST vs. FAS |                 |            |           |
|--|-----------------|------------|-----------|
| 30.29 J.O.   |                 |            |           |
| Lane   | Name            | Age Team   | Seed Time |
| <b>Heat 1 of 1 Finals Starts at 09:07 AM</b>               |                 |            |           |
| 4  | Kenter, Chase L | 12 HHST-NC | 28.67     |
| 5  | Zhang, Dodo X   | 11 SMAC-NC | 36:02.00  |
| 6  | Boyd, Hunter R  | 11 SMAC-NC | 42.07     |

**Event 9 Girls 13-14 50 Yard Freestyle**

| Pool Record: 26.94 2/25/2017 MILETZY RIVAS   |                 |            |           |
|--|-----------------|------------|-----------|
| 30.19 J.O.                                   |                 |            |           |
| Lane   | Name            | Age Team   | Seed Time |
| <b>Heat 1 of 1 Finals Starts at 09:44 AM</b> |                 |            |           |
| 2  | Remery, Alyse M | 13 HHST-NC | 33.41     |
| 3  | Wilson, Tate E  | 14 HHST-NC | 31.07     |
| 4  | Jones, Reese M  | 14 NGR-GA  | 31.29     |

**Event 10 Boys 13-14 50 Yard Freestyle**

| Pool Record: 26.06 7/8/2021 Finneas M. Garner at HHST vs. |                |            |           |
|---|----------------|------------|-----------|
| 27.79 J.O.  |                |            |           |
| Lane  | Name           | Age Team   | Seed Time |
| <b>Heat 1 of 1 Finals Starts at 09:45 AM</b>              |                |            |           |
| 2   | Sumner, Jack T | 13 HHST-NC | 30.94     |
| 3   | McKin, Aniah W | 14 HHST-NC | 27.32     |

**Event 11 Girls 15-18 50 Yard Freestyle**

| Pool Record: 27.10 11/16/2019 Nina Swanson at HHST 2019 Fall |                     |           |           |
|--|---------------------|-----------|-----------|
| 29.49 J.O.   |                     |           |           |
| Lane   | Name                | Age Team  | Seed Time |
| <b>Heat 1 of 1 Finals Starts at 09:45 AM</b>                 |                     |           |           |
| 5  | Sheffield, Hannah A | 18 NGR-GA | 25.66     |

**Event 12 Boys 15-18 50 Yard Freestyle**

| Pool Record: 23.57 7/6/2017 Wes Bryan - CCAC |                        |            |           |
|--|------------------------|------------|-----------|
| 26.39 J.O.                                   |                        |            |           |
| Lane   | Name                   | Age Team   | Seed Time |
| <b>Heat 1 of 1 Finals Starts at 09:46 AM</b> |                        |            |           |
| 3  | Garner, Finneas M      | 15 HHST-NC | 25.01     |
| 4  | Galindo-Gomez, Edwen J | 15 SMAC-NC | 25.74     |

**Event 13 Girls 8 & Under 100 Yard IM**

| Pool Record: 1:47.56 11/17/2018 Dasha G. Halldin at Highlands |                      |           |           |
|---|----------------------|-----------|-----------|
| Lane  | Name                 | Age Team  | Seed Time |
| <b>Heat 1 of 1 Finals Starts at 09:47 AM</b>                  |                      |           |           |
| 4   | Batista, Annabella N | 7 HHST-NC | 2:12.89   |

Each heat sheet contains the following information: Event number, event title, heat number, status of heat, lane number, swimmer's name, swimmer's age for season, swimmer's team, and swimmer's entry time. At the beginning of the season, each swimmer is designated an NT which stands for "No Time". After they swim their first meet and earn an official time (not disqualified), a time will be shown in the last column at the next meet and in the meet's results. The seed time is based on their best time for the event, not necessarily the time from the previous meet.

### **Relay Events:**

In some meets, there will be individual events and relay events. There are 2 types of relays:

Medley Relay- involves 4 swimmers swimming 1 leg of each stroke in the following order:

- 1-Backstroke
- 2-Breaststroke
- 3-Butterfly
- 4-Freestyle

Freestyle relay- involves 4 swimmers swimming freestyle on their respective leg of the relay

Here is some assistance for what a relay might look like on a heat sheet:

# Medley Relay/Heat Sheet Explained

| Heat 2 (#5 Boys 9-10 100 Yard Medley Relay) |                          |                            |         |
|---|--------------------------|----------------------------|---------|
| 1   | BHC-ZZ                   | D                          | 1:42.10 |
|   | Koenig, Quinton 10       | Harshaw, Dane 9            |         |
|   | Blake, Jack 9            | Blake, Henry 10            |         |
| 2   | SRB-ZZ                   | C                          | 1:28.01 |
|   | Mills, Matthew 9         | Boynton, Jack 10           |         |
|   | Lang, Justin 9           | Wokoek, Kurt 9             |         |
| 3   | BHC-ZZ                   | B                          | 1:23.87 |
|   | Holmgreen, Brock 9       | Leslie, Jack 9             |         |
|   | Stebbins, Trevor 10      | Morley, Ethan 10           |         |
| 4   | SRB-ZZ                   | A                          | 1:12.00 |
|   | Wong, Mason 10           | Pickard, Andrew 10         |         |
|   | Kitlowski, Kale 10       | Lee, Hunter 10             |         |
| 5   | BHC-ZZ                   | A                          | 1:14.95 |
|   | <b>E</b> Saul, Bailey 10 | <b>F</b> Helbert, Riley 10 |         |
|   | <b>G</b> Reed, Lance 10  | <b>H</b> Hoff, Benjamin 10 |         |
| 6   | SRB-ZZ                   | B                          | 1:22.97 |
|   | Beck, Carson 9           | Sabuda, Kyle 10            |         |
|   | McArthur, Jared 9        | Gross, Ethan 10            |         |
| 7   | BHC-ZZ                   | C                          | 1:29.59 |
|   | Smola, Levi 10           | Weber, MaKaya 10           |         |
|   |                          | Tomberlin, Sean 10         |         |
| 8   | SRB-ZZ                   | D                          | 1:39.97 |
|   | Hildner, Mike 10         | Arnold, Logan 9            |         |
|   | Arnold, Landry 9         | Bennett, Brendan 10        |         |

A. Heat Number  
 B. Event Number and Event Name  
 C. Lane Number  
 D. Relay team (A is contains the fastest swimmer in each stroke)

E. 1st leg -Backstroke swimmer  
 F. 2nd leg - Breast Stroke swimmer  
 G. 3rd leg - Fly swimmer  
 H. 4th leg - Free swimmer

## How to Use the Above Information

Okay, now that you know how to read a heat sheet, what the heck do you do with the information? Well, for most younger kids, we write the information on their arms so they don't forget where they are going! We usually do it in this format:



## Helpful swimming Terms

- **Beep or Whistle**: This may be all that is heard for the swimmer to start racing the event. He/she will hear the announcer state, "Swimmers, take your mark." Then the swimmer will hear "one of the starting signals (Beep, Whistle, or a Starting Pistol)." The swimmer should immediately begin racing. If there has been a false start, the swimmer will hear a continuous beeping or whistle sound or the starting pistol one additional time during the race. He/she should stop swimming and return to the starting block.
- **Clerk of Course/Bullpen**: The bullpen is a designated area where all swimmers must report before they can swim an event. This is where they are organized in advance of their races, in order to keep the meet running smoothly. Failure to report to the bullpen on time will result in the swimmer being scratched from the event. Swimmers aged 13 and up do not have bullpen requirements.
- **Disqualification (DQ'd)**: A swimmer may be disqualified if they are not executing the stroke according to USA Swimming rules, if they dive in early, perform an incorrect flip turn or any number of other events. Although this can be upsetting to a child, "DQs" are very common and should be regarded as part of the learning process.
- **Dual Meet**: Two teams compete at one location
- **Event**: The race in which a swimmer will participate
- **False Start**: Leaving the blocks before the sound of the starter's signal
- **Finishing**: Finishing a race often relies on split-second judgment. A decision to start a new arm stroke or lengthen the current one, may need to be made. In breaststroke and butterfly, both hands should touch the wall together; in freestyle and backstroke you can make the touch with one hand.
- **Heat**: Race within a single event
- **Heat Sheet**: A listing of all swimmers by heat and lane assignments at a meet, seeding swimmers according to times submitted.
- **Individual Medley**: This is when a swimmer swims four different strokes in one race. The order is butterfly, backstroke, breaststroke, and then freestyle. Special turns are used because swimmers need to change from one stroke to another.
- **Relays**: In relays, the swimmer is one of a team of 4 people each swimming an equal distance. There are 2 relays, the freestyle and the medley.
- **Scratch**: When a swimmer, scheduled for an event, is removed by the coach prior to participating.
- **Seed**: The placement within an event according to individual time
- **Seed Times**: Time used to enter a swimmer in a meet. This determines a swimmer's heat and lane assignment
- **Starter**: Official responsible for the start of each heat and for calling swimmers to the blocks.

- **•Starting Block:** Starting blocks are normally used to start an event where swimmers dive into the water. A swimmer may not take any stroke until he/she breaks the surface of the water. If a swimmer is not yet comfortable using the starting block, he/she may choose to start in the water or dive from the side of the pool. Backstroke is the only stroke where you have to start in the water.
- **•Stroke Judge:** The official that determines the legality of a swimmer's stroke or his/her turns
- **•Time Standards:** Qualifying times that have been set by Regional and National Committees for all events.

## **Volunteer Jobs at the Meet**

Every meet needs a lot of volunteers for it to run smoothly! Here are some of the volunteer positions that we will always need at every meet:

Timers- you will need to stand behind the lane and use a stopwatch or other timing apparatus to time the swimmers

Clerk of Course- you will need to assist with organizing the swimmers into lanes/heats before they go behind the block. This is the job related to the “clerk of course/bullpen” listed above in the terms

Stroke and Turn Judge- this requires prior certification from USA Swimming to do, but you will be responsible for determining whether a swimmer has performed the strokes legally during a meet and will need to disqualify swimmers accordingly

Safety Marshall- you will need to ensure that parents and swimmers are following directions while on deck so that everyone stays safe. Typically, you get to wear a highly fashionable neon vest while doing this job

# **THE STROKES**

## **Breaststroke**

This stroke must be done on the stomach with some part of the head surfacing during each stroke sequence, except on starts and turns when one underwater pull and kick are allowed, in that order. The kick must be a squeezing action with no downward thrust of the legs, all on the same horizontal plane, recovering forward from the chest. The swimmer must touch the wall with both hands simultaneously at all turns and the finish.

## **Backstroke**

Swimmers must remain on their backs until they touch the wall for a turn or finish. Any means of stroke or kick is allowed. The pennants hanging across the pool are situated to prepare the swimmer for the approaching wall.

## **Butterfly**

The leg kick(s) must be a downward thrust, which is simultaneous action. The arm pull must be simultaneous and the arms must recover forward over the top of the water only. Both hands must touch the wall simultaneously at all turns and the finish.

## **Freestyle**

"Free" means any stroke imaginable, but most swimmers choose the crawl, the fastest of the strokes. Any part of the body may touch the wall at turns and the finish. This is the first stroke emphasized and virtually all new swimmers will compete in freestyle events.

## **What to Bring to the Swim Meet**

- 2 towels
- 2 pairs of goggles (in case one breaks)
- SMAC swim cap
- healthy snacks and drinks (lots of water)
- warm clothes to put on after events (very important on cooler or windy evenings)
- marker for noting events on swimmer's hand
- fun activities for your swimmer to do between events
- chairs- check pool specifications as some may have bleachers available
- blanket (or extra towel) for swimmer to sit on

# Eating Healthy Snacks and Meals Before and During Meet Days

Eating healthy gives our swimmers and divers the best recovery throughout the season, with daily workouts, multiple meets, and generally ensuring they maintain a solid energy level throughout the meet.

Remember that during the swim/dive meet drinking plenty of fluids (mostly water) and eating small amounts of carbohydrate-rich foods low-fat snacks (fresh fruit, whole grain crackers, pretzels, bagels, rice cakes, fruit bars, smoothies, and nonfat yogurt) are the key for replenishing the body's fuel source. You do want to avoid anything that has too much fat, fiber, or protein as these nutrients slow down digestion (cookies, candy bars, and potato chips).

The following is a list of some suggestions for great snacks after practice and during the meets.

- Bagels
- Chili in a cup
- Dry Cereal Fruit
- Fruit Juices (Diluted)
- Fruit Smoothies
- Low-fat Crackers
- Low-fat Muffins
- Water
- Oatmeal in a cup
- Soy Nuts
- Pretzels
- Sandwiches of turkey or other low-fat meat
- Soups in cups
- Sports Drinks
- Trail Mix
- Vegetables
- Jerky
- Yogurt
- Granola bars