

## 1. Swim Meet Frequently Asked Questions

### ➤ ***What meets should my swimmer attend?***

A seasonal meet schedule is carefully crafted by the staff to give our athletes the meet experiences they need to develop according to our developmental plan. It is posted on our website [www.truckeeswim.com](http://www.truckeeswim.com). TTST athletes should only attend the meets listed on the team meet schedule. It is against USA swimming rules to attend a swim meet without a coach present. Should you register for a meet that the rest of the team is not attending you will need to speak with the head coach about arranging someone to supervise your swimmer at the meet.

### ➤ ***How are relay teams selected?***

The TTST Coaching Staff selects swimmers for relays at swim meets. In selecting the relay teams, the Coaching Staff shall consider all available information deemed important in choosing the athletes for the specified relay teams. Coaches will consider the following when choosing the relay athletes; each team member's qualifying performance, past relay performances, personal best performances, event schedules, individual workload, other recent results and performances, consistency of performances, health, fitness levels, and training preparation.

### ➤ ***What are preliminary and final sessions at meets?***

Championship meets sometimes have two sessions of competition with preliminary heats in the morning and finals at night. The number of swimmers who qualify for finals are dependent upon the specific meet. Team points and individual awards are determined by the placing achieved in the finals only. Swimmers can only achieve the place determined by their heat. For example, a person who is in the consolation final can place no higher than 9th place even if they swim faster than an athlete in the top 8 finals heat.

### ➤ ***What if my child disqualifies due to a stroke infraction?***

Disqualifications, or "DQ"s" are an inevitable part of the learning process and should not be viewed as negative. The volunteer official's job is to ensure fair competition and to make sure the athletes are performing strokes that are legal. They are also helping teach the athletes to be better swimmers by calling out stroke and turn errors. The coaches view DQ"s as reminders of things to work on in practice and believe that officials are extremely helpful in the learning process of our athletes. If you have a question regarding a disqualification, see your swimmer's coach.

1. Under no circumstance should you approach or question an official on deck regarding a swimmer disqualification.
2. Please remember that the officials are volunteering their time to help your child learn to be a better swimmer and deserve your consideration and respect.

➤ **What are things we can't do?**

**Due to fire and safety concerns, Sierra Nevada Swimming prohibits the use of propane heaters at swim meets.**

**The use of all cameras and video equipment behind the blocks is not allowed per USA Swimming rules concerning privacy and swimmer safety. Camera and video use is also prohibited in locker rooms.**

➤ ***Are there meet awards?***

Meets vary regarding if/how many individual awards they will provide to athletes. Please refer to the meet sheet for details regarding awards. If the awards are distributed at the events, the swimmer should pick them up. Sometimes they are distributed to the coach, in which case swimmers will find them in their file at the pool.

➤ ***What is a meet time standard?***

Time standards assist swimmers with measuring their improvement. They also establish minimum entry requirements for some meets. Time standards are different for each season and for each type of pool. "SCY" means Short Course season times attained in a 25-Yard pool. Most TTST Short Course events are held in 25-yard pools. "LCM" means Long Course times obtained in a 50-Meter pool. To locate the time standard for a swimmer's event, you must know what season it is, what type of pool it is (25 yards or meters, or 50 meters), and you must know the swimmer's gender, age and event. Copies of SNS time standards are posted on the team website.

There are seven different age group classifications recognized by United States Swimming: 8 & Under, 10 & Under, 11-12, 13-14, 15-16, 17, 18 and Senior. The senior classification includes any swimmer who has achieved the prescribed qualifying time for the event. Not all age group classifications are offered at every swim meet. The swimmer's age on the first day of the meet will govern the swimmers age for the entire meet.

## **2. Swim Meet Descriptions**

### **➤ *Age Group Open or “All Levels Meet”***

These meets do not have qualification time standards. Typically, these meets offer all four competitive stroke events in the different distances. Some events may be open to multiple age groups. Consult the meet sheet and your swimmer’s coach in regards to how many events to enter per day.

### **➤ *Invitational***

An invitational is a meet hosted by one team who may invite other teams to compete. Several hundred swimmers may attend these meets. Frequently, only swimmers with certain qualifying times may attend.

### **➤ *Junior Olympic Championships***

All swimmers who have reached qualifying time based on the Sierra Nevada Swimming Junior Olympic time standards may compete in the Junior Olympic Championships. JO’s are held at the end of the short and long course seasons.

### **➤ *Far Westerns, Sectional, Zones and All Stars***

Athletes who meet certain time standards may qualify for additional championship meets such as Far Westerns, Sectional, Zone, and National championships. Each successive level of championship meet brings the swimmer against geographically larger and more competitive pool of athletes. Therefore, qualifying times for these championship meets are faster as the level of competition at the meet becomes faster. These meets are fantastic opportunities for athletes to travel and work with different coaches and meet teammates outside of TTST.