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Weekly Updates and Reminders for BAC swimmers, parents and coaches

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## Major Differences Between BAC and Summer League Meets

For those of you that are newer to BAC or newer to competing with BAC, you likely have some questions about BAC meets and USA Swimming meets in general. Read the info below that describes the difference between BAC meets and summer-league meets and remember that it's always a good idea to reach out to your swimmer's lead coach if you have any questions!

**EVENTS:** If you're used to just summer meets, those offer only 5 different individual events for each age group and those events have the same 'Event Number' every single meet. This is not the case for USA meets. Every meet that we attend offers different events, depending on the swimmer's age group. The events can include the 25, 50, 100, 200, 500, 1000, 1650 free, the 25, 50, 100, 200 of other strokes, and the 100, 200, 400 IM. (Obviously not all of these events are offered for every

age group, and not every event is offered at every meet.) Depending on the meet, swimmers are able to do several individual events, often 6 or 7 over the course of the weekend. In addition to offering different events at different meets, the event order is usually different from one meet to the next, hence different event numbers.

A typical summer meet is just one day, and includes every age of swimmer over a single session. USA meets may take only a single a day, but are more often a weekend affair and can even stretch over a 3-5 day period. (Some swimmers might opt to compete in only a single day of a meet, which is typically just fine.) Additionally, USA meets are usually split into different sessions, with some age groups competing in the 'AM session' and others in the 'PM session'. The age groups for USA meets can also differ from what



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swimmers may be used to. Most of the age group are self-explanatory, but new families often ask about the 'Senior' or 'Open' category. Technically, this just means that the event is open to swimmers of any age. Whether or not these events are appropriate for your swimmer will depend on the meet.

**RELAY EVENTS:** This is actually similar to what most summer teams do. You do NOT need to sign-up for a relay – swimmers participating in a given session will automatically be considered for a relay spot. (If you can't do a relay in a session, please indicate that when you are signing up.) For most meets, we'll make every effort to make sure swimmers get to participate on at least one relay. However at our 'performance meets' (WGLO, A+, season-ending meets, etc.), all relay positions are assigned based on creating the fastest possible relays, which may or may not include every swimmer in meet. Whether it is due to a swimmer's times, or simply sheer numbers (ex: 5 swimmers for 4 spots), being on a relay is never guaranteed regardless of the type of meet.

**TIME STANDARDS:** BAC competes in a number of meets throughout the season that have qualification time standards for eligibility. Examples of these meets include the WGLO, A+, and our State Championship Meets. More information, including eligibility reports for each meet, is sent out or posted prior to the registration deadline.

**MEET SIGN UP:** This can be the most significant difference for new BAC swimmers. Often times the deadline for a USA meet can be several weeks before the meet itself. BAC families receive an email reminder as soon as a meet is posted to our

website, and additional reminders as the deadline draws nearer. We always advise swimmers to sign up far in advance; every year we're forced to turn away BAC swimmers that simply missed our team sign-up deadline.

We're always encouraging ownership and responsibility for our young swimmers, and we'd like every swimmer to have a role in signing up for meets. For our younger swimmers this might mean sitting with a parent to select events. Older swimmers should be the ones selecting swims, with parents there to ensure that they can attend. At BAC our philosophy is to encourage swimmers to be well-rounded and compete in a variety of events. We encourage our swimmers to try 'off events' and to check with their coaches before signing up for meets. Coaches have the final say over a swimmer's event selection. If a coach makes a change to what an athlete/family has entered after the deadline, they typically inform the family so that everyone is on the same page.

**SUITS:** For most of our meets, we have our athletes wear a 'regular' BAC suit, not a 'speed suit' or 'fastskin'. For our more experienced and accomplished athletes, a different suit may be appropriate at certain performance meets throughout the year. Swimmers wondering if they should 'suit up' for a particular meet should consult with their coach first.

Basically, every USA Swimming meet can be a little bit different and unique. Make sure to check on the format of the meet, be aware of the sign-up deadline, and ask if you have any questions.



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## Basic Description of Each BAC Meet in Fall & Winter Session

These are general descriptions of each meet and would apply to the average BAC swimmer. Swimmers in different groups and of different ages have vastly different performance goals and meet experience, so please reach out to your swimmer's lead coach if you have any specific questions about meet participation or event selection.

**BAC 'Age Group' Spooktacular:** For most of our 'BAC-hosted' meets, participation is very highly encouraged, and that's the case for the Spooktacular. Swimmers at our hosted meets should generally sign up for some events that they're comfortable with and really enjoy, and at least one swim that stretches their comfort zone a bit.

**BAC Senior Spooktacular:** Only 'Open' events are available, so this meet is generally for older or more experienced swimmers.

**DFAC:** A nice option for families that aren't looking to travel out of Dane County but want a meet between Spook and the WGLO/MSS weekend.

**Carmel:** Our bus trip – info is on the web. No time standards for this meet, just a larger travel commitment.

**IFLY:** This meet has only Senior events with time standards and is therefore only open to our older swimmers with qualifying times.

\*\*\*Swimmers doing Carmel or IFLY should likely NOT do the DFAC meet the weekend before.

**BAC Distance Intrasquad:** Details are still TBD, but this will likely be just the 1000 free for our more experienced distance swimmers.

**WGLO:** This is one of our premiere age group mid-season meets. We highly encourage anyone with a couple of cuts to attend. Most of our groups will be resting a bit in practice leading up to WGLO with the expectation of having some fast mid-season times.

**MSS:** Held the same weekend as the WGLO, this is a great opportunity for swimmers that do not have WGLO qualifying times.

\*\*\*Between the two meets (WGLO and MSS), we expect that most of our athletes will be competing this particular weekend, but swimmers should pick one or the other.

**BAC Holiday Splash:** Another hosted BAC meet with expectations of attendance for most swimmers.

**STORM:** This meet in Sun Prairie is another good opportunity for swimmers looking to compete in the area with not much travel. This meet has a 'prelim-final' format, so pay attention to information on that as the deadline draws nearer.

**Winter Break 'TBD' Meet:** We haven't finalized any details on this super-secret meet yet, but we've got some ideas that we're really excited about...



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**BAC January Classic:** Another BAC hosted meet with expectations of attendance for most swimmers.

**SSTY Big Cheese:** This meet is only for the BAC Senior Girl Group, and they'll get more information from Drew.

**BAC Ground Hog:** One of our BAC hosted meets that we'll likely encourage many of our swimmers to attend, but likely not as 'all-in' as the other BAC hosted meets.

**Schroeder A+:** Similar to the WGLO, this is a quality, mid-season meet with qualification time standards. We generally use this meet as a 'tune-up' before the end of the season.

**YDC:** Another 'in-town' option for families that aren't looking to travel or for swimmers that don't qualify for the A+ Meet.

\*\*\*Between these two meets (A+ and YDC), the majority of our swimmers – especially those that skipped the Groundhog Meet – should be competing.

**SEASON ENDING MEETS:** there are a lot of potential season-ending meets for a BAC swimmer; Regional Championships, State Championships, a Speedo Sectional meet, and Junior Nationals. As the end of the season draws nearer we'll have much more information on these different meets, just be aware that the expectation is to compete in at least one of them.

The best way to approach the meet schedule (especially for experienced swimmers) is to look ahead and make a rough plan for the whole season. That way you'll have an idea about the number of meets your swimmer is competing in and they can plan their event selection better. Meets are a great part of the USA Swimming and BAC experience, so plan ahead to make this season as awesome as possible!



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