



New Parent Orientation: First Swim Meet

Before the Meet

- To search for information about a meet, go on our team website > sign in to your account > select *Meets & Events* > *Events Page* > select the meet you are attending. You will find a wealth of information under “meet announcement” or “meet information” (location of the pool, order of events, estimated time line).
- On the upper right corner of this page, click on a pink button *Edit Commitment*. You will be able to **check your swimmer’s events** (listed as follows).

Member Name	Member Commitment	Coach Approved	Last Updated
Haley Willis *Active	<input checked="" type="checkbox"/> Committed	#7 (d1/s1): G 9-10 100 Free (1:26.48Y✓) #13 (d1/s1): G 9-10 100 Breast (NT✓) #17 (d1/s1): G 9-10 50 Back (45.97Y✓) #57 (d2/s4): G 9-10 100 Fly (NT✓) #65 (d2/s4): G 9-10 100 Back (1:34.67Y✓) #71 (d2/s4): G 10 & Under 200 Free (3:04.25Y✓) Relay (Entered by Admin): #21 (d1/s1): G 10 & Under 100 Medley Relay (Team B) #75 (d2/s4): G 9-10 100 Free Relay (Team B)	10/13/11 20:31
Jenna Willis *Active	<input checked="" type="checkbox"/> Committed	#1 (d1/s1): G 8 & Under 100 Medley (2:02.87Y✓) #5 (d1/s1): G 8 & Under 100 Free (2:20.67Y✓) #11 (d1/s1): G 8 & Under 25 Fly (29.84Y✓) #59 (d2/s4): G 8 & Under 50 Free (49.54Y✓) #63 (d2/s4): G 8 & Under 50 Back (1:00.04Y✓) #67 (d2/s4): G 8 & Under 50 Breast (1:07.15Y✓) Relay (Entered by Admin): #23 (d1/s1): G 8 & Under 100 Medley Relay (Team B) #73 (d2/s4): G 8 & Under 100 Free Relay (Team B)	10/11/11 14:31

Registration Deadline has passed.

Jot down or print out the event number #'s from our website and bring to meet. This will make it easier to locate their events in the heat sheet on the meet day. Alternative, you may also want to check out the [OnDeck Parent](#) mobile application for Android or iOS devices. It provides remote access to view your child's best times, compare times to local and national time standards, view team news, sign up for events, and view event entries for your swimmers.

- **Packing suggestions for swimmers:** 2-3 towels, team cap (plus maybe a spare), 2 pairs of goggles, swim suit (plus maybe a spare), sweatshirt or warm-up jacket, sweatpants, shorts, water, sports drink, juice, carb-rich snacks)
- **Packing suggestions for parents:** black Sharpie, pen, highlighter, cash for admission, heat sheet and concessions. Bring blanket/sleeping bag, chair/s, small games for sibling ‘hang out’ area.
- **Confirm the pool location and directions:** Go to our team website, and click on the *Locations* tab. There you will find the addresses and a google link to all “away meet” pools, along with tips on how to find the pool within the school, where to enter the building, where your swimmers should go, and how parents access the pool.

The Day of the meet

- **Warm ups :** Coaches will send out an email before the meet, instructing parents/swimmers of the warm up time. Parents should plan to arrive at least 15 minutes before the start of warm ups. You can check warm up times ahead of time yourself by reading the meet information on our website, but, sometimes the warm up times change depending on how full the meet is. Swimmers should be ready on deck with cap and goggles on 15 minutes before the start of warmups.
- **When you arrive:** Purchase admission (wrist band) and heat sheets. The swimmer and the parent who is volunteering get free admission. If it is our home meet and you are volunteering, check in at the entrance and pick up your name tag for your volunteer slot.
- **Help get your swimmer ready:** Get your swimmer ready for **warm ups** (suit up, cap on, goggle ready, on deck by the group coach). Mark their arm before warm ups with their event information.* After warm ups there will be a short team meeting and cheer.

*Take a look at the **heat sheet**. The heat sheet lists all participants in each event, organized by “heats”, which are the individual races for an event. Search and highlight your swimmer’s events. Be sure to note whether they are in relays! **Mark** your swimmer’s arm or leg with a sharpie as follows:

#5 Girls 8 & Under 25 Yard Freestyle			
Sponsor: The Boathouse			
Good Luck Ava! Have Fun!			
Lane	Name	Age Team	Seed Time
Heat 1 of 6 Finals Starts at 09:02 AM			
1	Benches, Emily M	6 BAC-WI	NT
2	Wallis, Jenna K	6 DFAC-WI	NT
3	Kepppe, Jenna L	7 WOW-WI	59.11
4	Schroeder, Abigail	7 OCSC-WI	NT
5	Ernst, Lauren J	6 DFAC-WI	NT
6	Ernst, Brooklyn I	6 DFAC-WI	NT
Heat 2 of 6 Finals Starts at 09:04 AM			
1	Geiger, Christine L	7 WOW-WI	37.67
2	Jones, Kaylie M	7 WOW-WI	34.47

E	H	L	S
5	1	2	25 free
12	2	3	25 back
21	1	6	100 IM

- Swimmers need to **wait behind the blocks** at least three heats before they swim. Most meets have a **special staging** area for **8 and Under** swimmers. Ask the meet volunteers about the location of the staging area. The events being staged will be announced.
- The swimmer needs to **report to the group coach** before AND immediately after each race to get feedback. Swimmers should allow time to see their coach before their race, before they should be down behind the blocks. Please ask your swimmer to approach the coach to address any questions or concerns regarding the meet, the results and etc.
- Be sure swimmers **hydrate and refuel** throughout the meet.
- **Parents are not allowed on deck** while the meet is in session; this is a USA Swimming rule.
- If parents have questions, they should be fielded through the coaching staff at the appropriate time. Never approach an official about your child's swim; rather, please direct all communication through the coaching staff 😊
- Most of all, **HAVE FUN AND ENJOY THE MEET!**

How to check the results?

- **Before the meet:** Download the **MeetMobile app for free** on your iphone, ipad or iTunes for instant updated results of the meet. Some meets use MeetMobile as a means of providing meet results during the meet, but not all.
- **At the meet:** whether or not MeetMobile is being used, paper results are always posted for each event, as the meet progresses. Ask a parent volunteer from the meet host team where the results are posted. You will find your swimmer's time and place.
- **After the meet:** There are 4 ways to find your swimmer's results:
 1. **Login your team account** and select *My Account > My Meet Results*

2. **Go to team website**, select *Event* > *Event Page* > *Past & Archived* > select *Away meet* or *Home meet* under Event category > *search* > select the meet you want to view results
3. **Use your Android or iOS device to run the [OnDeck Parent](#) mobile application**, selecting *Menu* > *Sync* to update the information on your device before going to *Menu* > *Meet Results*



Meet Results

Want to view results from all past meets, including non-sanctioned meets? OnDeck Meet Results allows you to search by year to find a meet. Then simply tap on the meet to interactively search by athlete or race. Finding meet results has never been easier. Best of all, adding new meets happens with each new sync. There's no guesswork or complexity.



4. **Go to [USAswimming.org](#)** > select *Times* > *Times Search* > *Individual Times Search*. Enter your swimmer's info and you will be able to see all the results for that season listed from fastest to slowest by event.

Additional Questions? Ask any board member!

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 Ellen Braatz (co-meetdirector2@dfacswimming.org)