

Meet Tips

Sign Up

- When NBSC has a meet approaching, a general email will be sent to the club members who are registered.
- It is a good idea to print out the event list, highlight what events your swimmer can swim (usually based on age) and consult with their coach on what events to sign them up for.
- A deadline for sign up will be stated. Parents/Guardians are responsible for signing their swimmer up through Team Unify (NBSC website).
- Coaches will review your swimmer's entry and contact you if they suggest changes.
- It is imperative the deadline date be met. No new entries can be made after the due date.
- Corrections are usually due the following morning, after the entries are distributed. Watch your email!

Timeline

- The week of the meet a timeline will be emailed to club members and posted on the NBSC website.
- The timeline informs you of when your swimmer should be at the pool and how long each session will last.
- It is a good idea to show up about 15-20 minutes before the listed warm-up times. This allows you to pay for admission, find a place to sit (please look for other NBSC families), look through the heat sheet, and have your swimmer ready, checking in with the coach by the start of warm-ups.
- If your swimmer is participating in the PM session you do not need to be at the pool until the posted PM session warm-up time.
- If your swimmer is participating in the AM session you do not need to stay for the whole day, swimmers can leave when their session/last event is done.

Warm-Ups

- Make sure your swimmer is ready to swim prior to the warm-up time listed! They need to check in with the coach prior to warm-ups.
- Regardless of when your swimmer's events are, warm-ups are very important. They prepare the body for the meet. A warm-up provides the rehearsal effect, which is where swimmers practice technique, starts, turns and intensity to become familiar with that pool.

Admissions

- Bring some cash. Each meet will charge usually \$2.00-\$5.00 for spectators to enter the pool area.
- Registered swimmers for that meet do not pay this fee.

Heat Sheet

- The heat sheet is a program/guide indicating when your swimmer will be swimming. This is an additional purchase, usually \$2.00-\$3.00.
- You will find events being swum that session, what heat and lane your swimmer will be in, along with the seed time they were entered at.
- You may want to bring a highlighter so you can mark your swimmer in the heat sheet. This makes it easier to see when they'll be swimming and to set up their swim grid (see below).

Event

- Event is the name of the race your swimmer is entered in.
- Events are identified by a number. Generally girl events are odd numbers and boy events are even numbers (ie: event 27 Girls 9-10 50 yard Free).

Heat

- Many swimmers are entered in multiple events. All swimmers cannot swim at the same time, so the event is broken down into heats. The number of heats is determined by the number of swimmers and the number of lanes in the pool (ie: 30 swimmers in a 6 lane pool may have 5 heats).
- All swimmers in a single event are competing against each other.
- Times for all heats in an event are tallied together. The fastest time out of all the heats wins the event.

Swim grid

- Bring a permanent marker (Sharpie) so you can write on your swimmer's arm what event, heat and lane they are swimming.

Sample:

E	H	L	S
1	1	3	50 FREE
15	3	2	100 BACK

E = Event

H = Heat

L = Lane

S = Stroke (List the length. For example, 25, 50, 100, etc. List the stroke name. For example, FLY, BACK, BREAST, FREE.)

FYI: Rubbing alcohol takes permanent marker off the skin.

Relays

- Relays are another event your swimmer may participate in. These events are determined by the coach when meet entries are submitted and/or the day of the meet.
- If your swimmer participates in a relay, your account will be charged for their portion, usually \$2.50-\$4.00 per swimmer.

Awards

- Prior to leaving for the day, check your heat sheet for award information.
- Awards may be bagged and given to coaches to distribute, swimmers/families may be responsible for collecting them on their own, or a combination of these.
- Swimmers may not get an award at every meet. Swimmers progress at their own pace and the goal should be to reach their personal best. Not all races will be their best. Putting forth their best effort at that meet is what we emphasize.

What to Bring

- Suit, towel (recommend one for meet and one for after).
- Goggles (backup pair if desired).
- Swim cap (if they wear one).
- Extra clothing that can get wet and worn between races to stay warm. Flip flops or water shoes are good too.
- A bag to keep everything in (writing their name and team on it is a good idea).
- Something to drink. It is very important for kids to stay hydrated (water, Gatorade...). Healthy snack (fruit, veggies, granola bars, sandwich...) (Most meets have a concession stand available.)
- Meets can be a long day for parents and swimmers. You may want to bring something to keep you occupied during down time.
- Pack a spectator swim bag with Sharpies, highlighters, pens, clipboard (to put heat sheet on), etc. It will be set to go for each meet.

A Few Meet Rules

- Swimmers will sit with their team on deck.
- Swimmers should always talk to their coach before and after they swim an event, including relays.
- Parents are not allowed on deck.
- If you plan to take pictures, flash from cameras interferes with the timing system. Flash is not permitted at starts.

Other

- Coaches present at a meet will vary based on number of kids and other factors. If you have a question about who will be there, you can talk to a coach at practice.
- Coaches realize things come up on meet days (illness, other circumstances). If you know of an absence ahead of time or even on the day of the meet, please notify another family or your swimmer's coach. This allows prep time for relay changes and other adjustments if needed.
- Swim meets are a great way for families and swimmers to get to know each other. There are always veteran parents available if you have any questions.
- If you have NBSC spirit clothing, please wear it to the meets. This includes swimmers and parents. We love showing team pride!
- Directions to the pools can be found on the website under "Pool Locations".
- Most importantly, be there to support your swimmer and have fun!