



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Northern Lights YMCA - Swim Meets 101

Before Swim Meet

1. What to bring to a swim meet? See printable list "Swim Meet Checklist".
2. Arrive **15 min** before scheduled warm up time - you will receive this time from coach
3. Find rest area & 'set up camp' (i.e. pool deck, gym, soccer area etc.).
4. Swimmer should **check in with coach** and be ready for warm up.
5. When time permits before events start, **write events on swimmer's arm / leg** in permanent marker in grid form. (When heat sheets can be printed from home, this task can be done before you head to the meet!) ****veteran parents will help****

Example grid: E=Event; H=Heat; L=Lane

E	H	L	Event Description
53	1	7	25 Back
83	3	2	50 Fly

6. After warm up, go to rest area and wait for events.
7. Parents should be in spectator areas unless otherwise instructed by coaching staff.

During the Swim Meet

1. If swimmer is **8 & under**, most meets have 8&U seeding.
Help child to this seeding area several events before they are scheduled to swim.
Volunteers from that meet will get your child to the block on time.
2. If child is **older than 8**, child needs to report behind the blocks ready to swim on the average 4 heats before scheduled swim, depending on distance of the events being swam. ****Take note of how many heats are in the previous event, especially if child is in first heat of an event.**
3. Go back to rest area and wait for next event.
4. Should you or your swimmer have questions regarding where to go and when, please check with a veteran parent.
5. Should your swimmer have a question relating to an event or result, have them check in with a coach.



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After Swims Completed

1. When done, **check with coach** before you leave to make sure your swimmer is not in another event or if they have comments on their swims. After each event or at end of swims, **check child's results** for awards. If results are not what you anticipated, please check with the coach ASAP. These are usually displayed on a wall in a high traffic area.
3. If your child was not able to complete the race/stroke within the rules, a DQ (disqualification) will be next to child's name on the results. This happens to all level swimmers as the rules are the same for swimmers of all ages. Correct technique takes time! The coaches work on developing technique.
4. At a handful of meets, you will be able to pick up child's **awards** before you leave. In most cases, the meet director will gather all awards or the entire team and give them to the coach. Coach will then place them in your swimmers information file on the pool deck the following week.
5. Take a once over to be sure your have gathered all your personal belongings in the rest areas and locker rooms.