



Swim Meet Basics

This *Swim Meet Basics* document has been written to help new Makos and their parents through their first few swim meets. If you have any other questions, check with your coach.

WHAT TO BRING TO THE MEET:

- Your Swim Connection Meet Summary (This provides you with your child's event numbers and seed times if applicable.)
 - The meet sheet (You can get this from Swim Connection - look for the date & meet host and print it out.)
 - A map if you should need driving directions (Check the meet sheet for this as well.)
 - 2 swim suits (in case there's a problem with one).
 - 2 swim caps and 2 pair of goggles (good to have back-ups).
 - Sweatshirts/pants, team parka or jacket, blanket to sit/lay on, chairs to sit on, and sunscreen.
 - Plenty of towels (At least 2 or 3; hang them after each use so they can dry out a bit.)
 - Food/water/sports drinks (Concessions are usually available, but don't offer much healthy food, so bring your own food in a cooler (if allowed).
 - Frequently the team puts up groups of EZ Ups so we can sit together as a team, and so you do not have to bring your own; check in advance to see whether or not you'll need one.
 - Something to do during down-time (homework, cards, books, a few toys, etc.).
- Please:** No hand-held electric games like a DS. They can be too distracting.

MORNING OF THE MEET:

1. Generally you should arrive *no later than 7:45 a.m.* The parking lot at most swim meet venues fills up quickly, so plan ahead to find a decent spot.
2. Find your teammates (look for the team banner/pop-up) and then find a place to put all your stuff in the vicinity of your teammates.
3. Locate the "Check-In" table, look for your child's age group category, and have them sign in. They do this by initialing next to their name, then they write the event numbers on the back of their hand.

Note: If you signed up for more than the maximum events permitted, you will need to delete some of your events (referred to as "scratch down") to the allowed maximum amount. You can find the maximum events allowed on the Meet Sheet.

4. Learn the pool orientation BEFORE the meet begins (i.e.: the number of lanes, and the order of the lanes, sometimes there may be a 'boys' starting side and 'girls' starting side, etc.).
5. Find your coach and attend the team meeting, if there should be one.
6. Pool warm-ups are generally done as a team, and usually begin around 7:45/8:00 a.m. unless otherwise instructed.
7. The first few events post at approximately 8:30 a.m. Events typically post 30 minutes before the event start time. (Later in the day, the post-to-event start time decreases.) These postings will give you heat and lane assignment, per event number.



Swim Meet Basics

8. The **Girls** events are posted/notated with pink marker, in one area; the **Boys** events are posted/notated with blue marker, separately in another area. Keep a vigilant watch on your posting board. (Parents and swimmers are expected to know their assignments prior to their event so they have plenty of time to comfortably get to where they need to be.)
9. When your event is posted, meet with your coach at the coaches EZ Up/table (usually located poolside) and check in/sign in with them. The coaches always like to see you before your event so that they can give you last minute pointers.

START OF THE MEET:

1. Swim meets always start at 9:00 a.m., unless otherwise noted. The national anthem is always played as well, or sometimes it's sung by a multi-talented swimmer.
2. Be prepared to arrive at your assigned lane 10 minutes before your event. Please know that:
 - a. Sometimes the timers will call out your name to make sure you are present. If not, politely ask them what event they're on to verify your position.
 - b. An announcer calls out each event during the meet (but you can't always hear them).
 - c. Scoreboards are sometimes available, but there can be delays in posting information.

Please review the no-show and scratch footnotes on page 3.

3. After you finish your event, if possible, ask the timers for your time and then go talk with your coach. (They will want to know your time if you should get it.)
4. When you are done with your specific event, you'll need to warm-down in the appropriately designated pool. Typically, you'll do this after each event you swim in the meet.
5. Do **not** leave the meet early without first telling your coach. He/she needs to be aware of where their swimmers are during the meet.
6. The final results of each event are usually posted approximately 30 minutes after each particular event. (The location of the final results is different at each meet.)

Note: If you must leave the meet early, and can't swim all the events you initialed when you first arrived, you need to report back to the check-in table to update your status.

AFTER THE MEET:

1. Official results for sanctioned meets generally are uploaded to the Pacific Swimming website the day after the meet, or within 48 hours.
2. Swim Connection will reflect the results on your next Meet Entry Summary when you sign up for the same events at the next swim meet. (These new times will then be referred to as your seed times.)

MISCELLANEOUS:

- Most meets require that each team provide their own Timers for each event. (This is coordinated by the Volunteer Coordinator, David Pride.) Check with him for available volunteer positions.
- Long distance events (500 free, 1000 free, 1650 free) usually require that the swimmer needs to provide their own Timers, and a manual lap counter. (The swimmer is also responsible for finding

makos



Swim Meet Basics

their own designated person who will count their laps, using the lap counter/marker.) Make sure to talk to your coach about borrowing a lap counter before the meet if your swimmer is to swim a long distance event.

FOOTNOTES:

Scratch: If you must pull out of an event after it's already been closed and posted, that is called a "scratch". You will still need to show up for that event, but sit on the starting block when the referee blows the whistle signaling the swimmers to step forward. You will then be excused from that event, and not scratched from any of your forthcoming events.

No-show: If you are not ready at the starting block when the Referee signals the swimmers (with a short series of whistles) you could be considered a no-show. A no-show is when you check in (as you did when you arrived) but don't swim that event. If this happens you are required to re-sign in at the check-in tables. This is necessary so the meet officials know that you are actually present, and have more events to swim that day.