

## **INFORMATION FOR SWIMMERS AND FAMILIES REGARDING SWIM MEETS**

### **ENTERING MEETS**

#### **How will I know which swim meets to enter?**

Your coach will decide which meets you will attend based upon the type of meet, the qualifying times (if any) and your experience level and attendance (if applicable). Your coach will notify you of upcoming swim meets. Meet Sheets can also be downloaded from the Pacific Swimming website at [www.pacswim.org](http://www.pacswim.org)

#### **What is a Meet Sheet?**

The Meet Sheet contains all the information you and your family need to know about the meet including, the location, events offered, the maximum number of events you may enter per day, the entry fees, entry deadlines, start times, warm-up times, and any special information or instructions regarding how the meet is run. Make it a practice to read through the meet sheet before you enter a meet. You are responsible for understanding and being aware of all the information contained in the meet sheet when you enter a meet.

#### **How do I sign-up for a swim meet?**

Swimmers should check with their coaches regarding entering swim meets. Entries for most swim meets must be received by the meet host a minimum of 2 weeks prior to the meet. If you haven't entered in advance of the meet entry deadline as stated in the meet sheet, you will NOT be allowed to participate in the meet. Entries are NOT accepted the day of the meet. In addition, many meets only allow up to a maximum number of swimmers and will turn away entries once the entry maximum has been met. It is best to enter meets as soon as your coach instructs you to rather than wait and risk not getting into the meet.

#### **What events do should I enter?**

Your coach will tell you which events he/she would like for you to compete in. If you have questions or concerns about what events you are swimming, check with your coach.

#### **Can I enter meets using the internet?**

Most meets offer online entries. Entering online is fast and easy, the web site address is: [www.swimconnection.com](http://www.swimconnection.com) . Also when you enter online you will immediately know if a meet is still accepting entries. In addition, the service provider will send you an email confirmation of your entry so that you have proof that your entry was accepted. The website address for online entries is stated on the meet sheet. Most online entry services charge a small service fee which is automatically charged to the credit/debit card used for the transaction.

#### **Can I enter by surface mail?**

Most meets offer surface mail entries and ask you to use entry form provided with the Meet Sheet. Fill out the form completely and calculate your entry fees based upon the fee schedule in the meet sheet. There will be an entry fee per event and a participant or "splash" fee to participate in the meet. Mail the entry form with your check to the address provided on the Meet Sheet. Surface mailed entries must be postmarked prior to the meet

entry deadline (as stated in the Meet Sheet). Entries postmarked after that date will be turned away. If you wish to receive confirmation that your entry was received, and that you have been entered in the meet, enclose a self addressed, stamped postcard along with your entry form and check.

## **GETTING READY FOR A SWIM MEET**

### **What things should I bring to a swim meet?**

In your swim bag you should pack a towel for each event you are swimming (unless the weather is warm in which case you could bring fewer), your swim suit and an extra swim suit, your team cap and goggles. In addition, in colder weather you will want to bring sweat pants, a sweat shirt, t-shirt, warm sox, shoes or flip flops and your parka. Be sure that your name is on all clothing.

### **How long do swim meets usually last?**

You should plan to be at the meet for 4+ hours, but keep in mind that most of the time you won't be racing. Bring things to help you pass the time such as homework, cards, travel games, etc. You may want to pack a snack as well, but most meets have a Snack Bar where bagels, fruit, water and other snacks are sold, so consider bringing some spending money.

## **INFORMATION FOR THE DAY OF THE MEET**

### **When should I arrive at the meet?**

Most Age Group meets except Championship meets are what is called split session meets, with each session (morning and afternoon) running approximately 4 hours. Check the meet sheet to be sure which session (morning or afternoon) you are entered in. The Meet Sheet will also have information about warm-up times for each session. Your coach will give you special instructions regarding what time he/she wants you there for warm-up.

### **What should I do when I arrive at the meet?**

The first thing all swimmers should do when they arrive at a meet is find the meet Check-in Desk. All swimmers must check themselves in at the meet at least 30 minutes before their first race. You will be asked to find your name on a list typically sorted by sex and your age group (e.g. 7/8 Girls), to circle the events that you intend to swim that day, to put an "X" through events that you will not be swimming and put your initials by your name. Swimmers should not scratch any event without permission from their coach. Using the Sharpie provided at the desk, write the numbers of the events you are swimming that day on your hand or arm for future reference.

### **Do I check-in with my Coach too?**

Yes. After you have checked-in for the meet at the Check-in Desk, your next stop should be to check-in with your coach. Your coach will be located under the PEAK tent on the pool deck. He/she will give you instructions about the general pre-meet warm-up.

### **What is a Heat and Lane Assignment and where do I find mine?**

Heat and Lane Assignments are an alphabetical listing of all swimmers that checked-in

for a specific event (e.g. Event #7, Girls 7/8 - 25 Yard Freestyle). The list tells you what heat and lane you have been assigned to. Heat and Lane Assignments are usually posted in 2 places in the meet venue. Find your name on the list and remember or write down your heat and lane number for your event.

**Do I tell my coach my heat and lane number?**

Yes. As soon as you know your heat and lane assignment, go immediately to your coach and tell them what it is. At that point your coach will give you instructions about when to warm-up for your race.

**What do I do after I finish a race?**

After you race you should do three things after you get out of the pool. First, always warm-down after you swim. If you don't know how long you should warm-down, ask your coach before your race. Second, after warming-down, find a dry towel and/or some warm clothes. Last, but not least, go see your coach. He/she will have things to tell you about your race.

**Where do I go when I'm not in the water?**

The team will have a tent set-up at the meet venue. Look for your friends under the blue PEAK tent and find yourself a spot. You can leave your belongings under the tent when you are in racing, but it is not a good idea to leave valuables unattended or out in the open.

**SWIM MEET INFORMATION FOR PARENTS AND SPECTATORS**

When you arrive at the meet remind your swimmer to check-in at the Check-in Desk. Please note that the Check-in Desk will not allow parents to check-in for their swimmers. If your swimmer has forgotten to check-in, please remind them to do so.

After your swimmer has checked-in, you may wish to purchase a meet program. The program lists all the swimmers entered in each event in descending entry time order. It also lists the time standards for each event. Although the program does not list heat and lane assignments, it will help you follow the meet.

Swimmers must not attend meets without a coach. If their coach is not available to attend a meet, he/she will assign another coach to supervise your swimmer at the meet. All swimmers competing in a meet must be supervised by a certified coach. In an emergency situation, swimmers at a meet without a coach must notify the Meet Director who will assign a coach from another team to supervise them.

Your swimmer will be given instructions by his/her coach regarding the pre-meet warm-up. Swimmers should not enter the pool for warm-up unless instructed to do so, and supervised by their coach. During warm-up, parents and spectators should stay clear of the pool deck in order to allow the many coaches to adequately conduct their warm-ups. During warm-up, parents should find themselves a place to sit in the bleachers or an area away from the pool deck.

Typically a meet will run roughly 4+ hours. During most of the time spent at the meet, your swimmer will not be swimming. When you are not watching your swimmer compete, you may want to read a book, socialize with other PEAK parents or consider supporting the meet by filling a timing chair.

Roughly 15 minutes before the start of the competition the announcer will call for timers. Depending on the meet, PEAK may be assigned a lane. If PEAK is assigned a lane, please consider filling a timing chair for the team. If timing in a PEAK lane, keep track of the number of hours that you work and include them in your work hour obligation log. Timers will be needed throughout the meet. If PEAK is not assigned a lane, please consider filling a timing chair to support the meet and pass the time. Without an adequate number of timers the meet could stop and/or swimmers will not receive official times for their swims.

If you have never timed before, consider volunteering at the beginning of the meet. At this time, meet officials will give a briefing to all timers and conduct several practice “races” to familiarize new timers with the process.