

# Swim Meet 101



## How long will the meet take?

Most of the meets are on the weekends and some will have sessions on Fridays. When you sign up for the meet you will decide what day or days your swimmer will participate. Meets are divided into sessions. You can find out which sessions your swimmer is signed up on the meet information. The meet information will tell you when each session will start. You can sign up for multiple days, watch for the maximum events for the entire meet and per each day as well. There will be warm up session for swimmers before the meet starts that could be 0.5 hour+ before the competition actually starts. Warm up times will be sent out prior to the meet. You should plan for each session to last about four hours.

Most of our meets are set up where swimmers only swim each event once. Swimmers are welcomed to leave after their last event. Please have your swimmer see a coach before they leave.

## How early does my swimmer need to get to the meet?

Swimmers should be at the pool ready to jump in the pool (with cap and goggles) before warm ups are scheduled to start. Please allow for ample time to park and get changed. Many of the pools where we compete have limited parking and seating so it is better to arrive early, recommends at least 15 min early.

## What should I bring to a meet?

**Swimmers** need the followings:

- At least one swim suit (spare would be useful in case it tore)
- At least one pair of goggles (extra pair would be advisable in case one pair breaks during the meet)
- At least one cap (see coach for Team Swim Cap if you don't have one already)
- At least one towel (swimmers often bring extra towels if they sign up for many events)
- Nutritional food and drinks to snack on throughout the day
- A change of clothes. Something warm to put on over a wet swim suit after warm ups and between races. A swim parka if you have one.
- Optional: games/music to pass the time, with headphones

**Parents** need the following:

- Cash (for heat sheets, and for snacks at the snackbar), since COVID many meets are posting heat sheet on website instead of selling
- A sharpie (to mark your child's arm) & a pen
- A highlighter (to highlight the heat sheet)
- Swimming pools are normally humid and warm, dress appropriately. Normally a short sleeve shirt is very comfortable no matter what the season. Wear our team T-shirt, makes it easier for your swimmer to spot you
- A foldup/ stadium chair, or a blanket to lay on the sitting bench
- Something to pass the time especially for younger siblings
- Ear plugs if loud noise could be bothersome
- Print off/get snapshot on the events you signed up for your child. At Team Website, click on the event and should show the committed events. If you use OnDeck, information would be available there as well



Member Name	Member Commitment	Coach Approved
xxxxxx	✓ Committed	# 4 (d1/s1): B 9-10 50 Fly (46.17Y <b>Approved</b> ) # 8 (d1/s1): B 9-10 50 Back (53.63Y <b>Approved</b> ) # 12 (d1/s1): B 9-10 50 Breast (51.02Y <b>Approved</b> ) # 16 (d1/s1): B 9-10 50 Free (38.11Y <b>Approved</b> ) # 20 (d1/s1): B 9-10 100 Medley (1:46.77Y <b>Approved</b> )
*Active		

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## Where do we go when we get to the meet?

Swimmers should put their suit on (if not already in their suit) and head to the pool deck to find our coach, look for the Boulder Swim Team Flag! Parents should find seating at the parent viewing area. There are many meets throughout the year where parents will not be sitting with swimmers during the meet. Parent's are not allowed on the pool deck during the meet. Some Boulder Swim Team Parents like to sit together... try to look for them by spotting the Boulder swim team official & self tie-dye shirts. While swimmers are warming up it is a great idea to purchase a **heat sheet** (usually costs \$5 for the whole event, cash only). Heat sheets will tell you what heat and lane your swimmer will be swimming. You may want to highlight your swimmer to know when and where they will be swimming. After warm ups it is a good idea to have your swimmer come see you and help to write their heat and lane assignments on their arm with a sharpie (this is not mandatory but it does help them keep up with where they should be). A veteran parent will be more than happy to help you for the first time.



E = Event

H = Heat

L = Lane

Swimmers are expected to sit on deck with the coaches if there is separate parent seating. If they need to go see their parents, they need to tell the coaches so they know where they are. Please have swimmers to see the coach right after they swam, coach often provide instant recap & feedback which would be very helpful for the swimmers. Our coaches work very hard during meet to observe the swimmers performance and take notes. Please try not to distribute them if they are observing other team members swim.

## How will my swimmer know when their turn to swim?

- The heat sheet will tell you the order of events and what heat and lane your swimmer will be in.
- They normally have an estimated timeline for each event, usually publish at the Meet Information.
- For first time meet, please show the swimmer how to follow the Notification Board on "Event" & "Heat"



## Who is responsible for making sure my swimmer gets behind the blocks?

At swim meets swimmers must be behind the block ready to swim when it is their turn to swim. If they are not there and ready they will miss their turn to swim. It is the swimmer's responsibility to be watching and know when they need to get up and go behind the blocks not the coaches. Our coaches have many swimmers to watch over and will try to remind swimmers to get behind the blocks but it is not always possible for them to remind swimmers. If your child misses a swim they should notify a coach but chances are they will not be able to make it up.

## Can I take pictures at meets?

Pictures/Video can be taken at meets but can NEVER be taken from behind the blocks or in the locker rooms. This includes parent seating areas that behind the blocks even if the seating is raised from the pool area. This is a rule put in place for the safety of all swimmers as you can sometimes see through a suit when swimmers are on the blocks. You also cannot use flash photography at the start of a race.

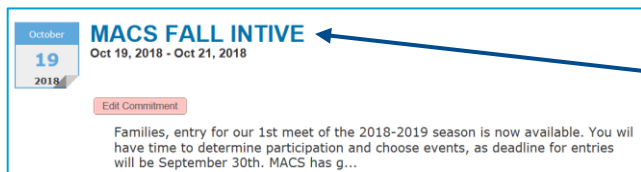
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## Where to find the Meet Event Information

Team will post the Meet Event information once they become available for sign-up. Click on team Website, under “Events” then go to the particular event that you are looking for.

E.g.



Click on the Event Title



Meet Information

Please read thoroughly on the Event Information document, it has the daily events, and tell you the maximum events can be signed up per day and per the entire Meet. You want to watch for the event sequence, especially some of the back-to-back events to be aware of breathing room for your swimmer.

Other meet details such as Psych Sheet(list how swimmers seed times & how they seeds against others), warmup schedule & lane... would be available when approaching to the Meet day.

## How to find out my child swim results

- You can take notes from the Notification board (may not always be available if swimmer had a “Soft” touch. Or for some 25Y events that do not have Touch Pad at both ends
- Results usually would be available (days after the event) at the Swim Team Website and OnDeck as well, when you sign-in, and check “My Account”, under “My Meet Results”
- You can download **MeetMobile** App, about \$6 annual subscription. You can see instant results once the Event Host reports via the system
- **What is DQ?** Disqualified, which could be the worst result for swimmer and usually would cause big tears. Coaches will work with swimmer for improvement. For parents, just give them a big hug with very positive encouragement...it is very common for the first swim perhaps making a trip to DQ(Dairy Queen) for a sweet treat!



## Consider Volunteering as Timer

Team often is required to provide timers for the event. Please consider volunteering if you can. It is fairly easy, and you get to be much closer to the swimmers and the actions. A board member will send out email/link for timers sign-up. If you have never done this before and would be interested in helping, do not hesitate to contact the head coach. One of the veteran parent timer would be happy to share and provide quick training