

Swim Meets 101

- Where to Find the Meet Schedule
 - www.schenectadyswimclub.org - The homepage of our club website has a tab titled “Meets”. Clicking the sub-tab “Meet Schedule” will display the meets that our team will attend for the season.

- Opting In/Out
 - When a meet is approaching, you will be asked to either opt-in or opt-out from the meet. You can make this selection regarding attendance under the “Event” display on the lower portion of the club homepage after signing in.

- How Do You Know What Events Your Child is Swimming
 - The coaches decide which events your child will swim at each meet. Once this decision has been made, selecting the “Meets” tab will display the sub-tab “Meet Entries”. Choose the meet you want to target and you will see the strokes your child will be swimming.

- What to Bring to a Swim Meet
 - Shark’s swim suit
 - Shark’s swim cap
 - Goggles
 - 2 towels
 - Sharpie marker
 - Highlighter
 - Folding chairs or blanket
 - Water bottle/ Snacks

- What to Do When You Get to the Meet
 - Positive Check-In meets require that your swimmer actually check-in when they arrive to the meet location. This system helps to condense lanes and speed up the overall meet time.
 - Purchase a program/heat sheets to see the details of you child’s event
 - Using a highlighter to mark your swimmer’s events in the program is helpful
 - Most swimmers use a Sharpie to create a grid on their arm that includes:
 - Event #/ Heat/ Lane/ Stroke type – this ensures that they are in the right place at the right time
 - Swimmers will report to their coach on the pool deck (usually entering through the locker room).
 - A “Bull Pen” is set up for the 8 and under swimmers to place them prior to their events
 - Spectators “set up camp” in the designated areas outside the pool
 - Spectators should be present inside the pool area only during their swimmers events. Room can be tight and this allows everyone the opportunity to see their swimmer compete.
 - Swimmers should remain on deck between events to cheer on their teammates

- Results can be found at www.adirondackswimming.org under the “Meets” tab by selecting the current season schedule and your meet of choice. Results are usually posted within a few days.

- There are several helpful apps for tracking your swimmers progress throughout the season: “Deck Pass”, “MeetMobile” and “Parent on Deck” to name a few.

Lastly....take a deep breath and ENJOY!!!