

## Swim Meet-Need to know

- *New swimmers-contact your swimmer's coach to determine if they are ready to swim in meets-Coaches can also give you information about what strokes your swimmer is legal to swim.*

When a meet is available for CSC swimmers, you will receive an Event email from CSC/Team Unify. This email will include dates of the meet and a registration deadline that you must respond by. These deadlines are strict and can sometimes sneak up on you so make sure to watch these dates. You should also receive reminder emails. This email also outlines how to sign your swimmer up for the event. This is also outlined below.

### HOW TO SIGN UP

- Go to Team Unify website and log in.
- Available meets are listed on the home page under events
- To sign your swimmer up for a meet, click on the Attend/Decline button next to the desired meet. At times, there will be multiple meets listed.
- Your swimmer(s) will be listed-click on your swimmer's name
- In the Declaration drop down choose "Yes, please sign [swimmer's name] up for this event
- If your swimmer is not attending, you can also choose to not attend here.
- Once you have chosen your swimmer will attend, the events they are eligible for will be listed.
- If an event is red, your child is not eligible for that event. Some meets require qualifying times in order to participate. There may be meets that your swimmer is not eligible to swim any events.
- Events are listed by day/session. Depending on the meet, your child can sign up for 3-4 events per day (relays do not count as part of your swimmer's 3-4 events and will be added by your swimmer's coach). You do NOT have to sign up for both days.
- Once you have chosen your swimmer's events click Save Changes at the bottom of the page.

Reviewing the Meet Announcement can also give you good information. This can be found by clicking on the link included in your Event email or by clicking on the meet name under events. Especially this year with COVID-19 restrictions there may be different rules regarding; number of spectators, health screenings, where to enter, on-deck procedures, etc. CSC will try to share this information with swimmers before each meet, but Meet Announcement are a good reference to answer questions.

# Swim Meet-Need to know

Once your child is signed up for a meet . . .

- You will receive an email from Dan before the meet regarding warm-up times for each session. Your swimmer is expected to be at the pool 15 minutes before their warm-up time, ready to swim.
- When your swimmer will swim depends on what session they are in. There is typically an AM session and PM session for each meet. Sessions are typically divided by age.

Once you're at the meet . . .

- At each meet at least one CSC coach will always be present.
- Parents are NOT permitted on the pool deck or in the locker room areas at swim meets.
- Due to COVID-19 restrictions use of locker rooms may NOT be permitted at all, depending on where the meet is being held.
- For younger swimmers, please feel free to ask an older CSC swimmer to walk your little one into the pool. Depending on the meet there is usually a place, on the pool deck or outside of the pool, that the team will sit together.
- Heat sheets are available to purchase at each meet. This heat sheet will list all swimmer's event number, heat number and lane number. Most swimmers write this information on their arms or leg, so they know when they are swimming.
- Coach's will try to keep track for the younger swimmers; however, parents are expected to make sure that their child is on the pool deck and ready to swim for their events.
- After your child swims an event they are expected to go to their coach for any corrections or just a high five!!!
- Swimmer's are permitted to leave the meet after they have finished all their events.
- If for some reason you can not attend a meet that you have signed up for please contact your swimmer's coach to let them know you will not be there.

Extras . . .

- There is a lot of waiting around at meets so make sure your swimmer brings things to keep themselves busy.
- There are typically concession stands at meets with lots of different foods, however food options may be restricted due to COVID-19 restrictions.
- Seating can be an issue, so it is always good to bring a camp chair or blanket.
- An extra cap or set of goggles is always good because they do break at the worst times.

\*\*\*If you have any other question contact a board member or you swimmer's coach.