

SWIM MEET CHECKLIST:

Swim meets are held on weekends, typically a Saturday, and sometimes a Sunday. If a swim meet requires more than 1.5 hours to travel to, the Friday evening Practice at Harbour Pool will be cancelled, to allow for travel on Friday night. Please see the Swim Calendar for schedule. Although Swim meets are optional, we encourage swimmers to try at least one during their swim season. The one that we most recommend they do is the Piranhas Swim Meet in July. The Piranhas Registration Fee covers all swim meets, the Piranhas Minnows Registration Fee covers 2 swim meets in Region C, and our Piranhas Swim Meet. Neither Registration fee includes the Regional Swim Meet Registration Fee: that will be the financial responsibility of those swimmers who choose to attend. Those swimmers who do attend Regionals, must be committed to also attending Provincials should they qualify at Regionals to continue on. At the time of Registration we asked for a Swim Meet Commitment Cheque for \$50. This is only cashed, if you sign up your swimmer and then fail to show up for the swim meet you were registered in. Please ensure your swimmer is indeed available at the time you sign up for these meets. Relay teams are put together based on how many of our swimmers are attending a meet. There are times when we can't provide a relay team for all the children as the numbers may not be sufficient to build these teams. For more information please read our Policy and Procedures on Swim Meets and Relay Teams.

HOW TO SIGN UP FOR A SWIM MEET:

1. All Swim meet entries will be posted on the Bulletin Board at Harbour Pool. It is the parent's responsibility to check off their swimmer as going to the meet, before the Sign up Sheet is taken down (usually the week preceding the meet). There will be no late entries for swim meets.
2. The coaches will decide with input from the swimmers, which of the 4 races they will register your swimmer in. If you have an opinion, please ensure you talk to your swimmer's coach before the sign up sheet is removed. If your coach decides differently, please respect their decision, as they often times understand your swimmer's strengths and potential better than you do.

Bring with you to every Meet:

1. Fine Tipped Black Sharpie (this is for writing your swimmer's swim events on their arm: helps them keep track of their events and know when to marshall in)
2. \$3-5 in cash for purchase of the Heat Sheets: these contain a list of every swim heat for the day, with the swimmer's best times if they have one. (Every swim club charges to purchase one)
3. Bring highlighter to highlight your swimmer's races on the sheet – makes for easier transfer from paper to arm. If this is your swimmer's first swim meet – find an experienced parent to help you get started.
4. Bring swim goggles, your Piranhas Swim Cap, your Lycra Suit (if you purchased one) –otherwise your Poly Swim Suit will be fine.

5. Bring extra towels and even a blanket as the swimmers need to dry off well in between their swims, and avoid getting chilled. Sweatshirt and sweat pants also make for a cozy limber swimmer.
6. Bring lots of water and nutritious non-messy snack foods for your swimmer as you will find them grazing during the meet, versus sitting down and having a large lunch. If you need food ideas, find one the executive Members or one of the coaches. **Pop and junk food are TOTALLY UNACCEPTABLE!**
7. Bring either a cooler or camp chairs to sit on, as the team usually gets to sit in a gym, or outside if weather permits. Anything that makes your swimmer comfortable: Sleeping bag and pillow! Remember this stuff can get wet.
8. Wear Team Colors: Navy and Yellow-Gold. Team wear is available to purchase at the start of the season.
9. Entertainment for your swimmer for in between races (books, cards, music. . . as they will spend time waiting for their races).

Typical Meet Schedule:

1. Families arrive to be on deck and ready for usually a 7AM start. Swimmers are to gather with their coaches, and parents have to mind deck rules (often times only swimmers and coaches may be on deck side). There is often sitting areas set up for parents/spectators to watch the day's unfolding. (So if you drive to the Swim Meet that morning – ensure you have adequate travel time to arrive on time to be on deck for warm up). The Coaches will have a specific time to arrive that they will post on the bulletin board, the week prior to the meet. (watch for emails as well)
2. At time of arrival you can help set up your swimmer in the team area with blankets, chairs, food etc. You can buy the heat sheet at that time and begin highlighting your swimmer's events (up to 4 individual events and possibly 2 relay events if enough swimmers from our club sign up). Once you have found all your swimmer's events you need to write them on the inside of their forearm.

You write the heat number, the distance and the stroke in order that you find them in your heat sheet. Let's say you scan through the heat sheet and your child is swimming in this order:

Event 140, Boys 11-12 200SC Meter Freestyle

Event 108, Boys 11-12 50SC Meter Butterfly

Event 72, Boys 11-12 100SC Meter Backstroke

Event 84, Boys 11-12 50SC Meter Breaststroke

It does not matter that the events do not seem to be in numerical order: they are swum in the order that they appear on the heat sheet. The swimmer must have the **event number** on their arm, so that when marshalling is happening and they see their number on a board or are called, they recognize that it is their turn to check in at marshalling.

Next you will see if this is a boy or girl event, then comes the age group, then comes the distance: 25m, 50m, 100m, 200m, and so on. This **distance** is also an important number to write under the event number on their arm – as it tells them

how many laps to swim. You will be surprised at how quickly they catch on and know how many laps make 100m! Next you will see SC, which stands for Short Course/25 meter pool. That is all summer swimming clubs swim! Next comes the **stroke** they are doing: Freestyle (Fr), Butterfly (Fly), Backstroke (Bk), Breaststroke (Br), Individual Medley (IM) (IM is a combination of all 4 strokes). I have added the abbreviations to these strokes to make it easy for writing this info out on your swimmer's arm.

So take the events we have listed above as an example – this is what they would look like written on your swimmers' arm. (from left to right in the order of schedule)

#140	#108	#72	#84
200	50	100	50
Fr	Fly	Bk	Br

We have not included the swim relays above: there are two kinds of relays and they are held at the end of the individual races. The Freestyle Relay – all 4 swimmers swim Freestyle. The Medley Relay – all 4 swimmers swim only their designated stroke. So one does the backstroke, the next one does the fly, the next one breast and the last swimmer swims freestyle.

Relays are almost the highlight of the day as the kids work together as a team and it is just fun! (Chaos – but loads of fun!)

3. All races are announced and put up on marshalling boards. When your swimmer sees and hears their event being announced, they need to check themselves into the marshalling area. If your swimmer fails to show up, they will be disqualified. Once checked in by the Marshals, the swimmer will stay with the other swimmers from their Event and Heat till the time of their race. The Marshals will take the swimmers from the marshalling area and bring them to pool-side for their race. (It is the swimmer's responsibility to know which races they are in and to report to the marshalling area on time.) Older age groups are now not being marshaled which means they need to be paying attention to the swim meets general schedule and show up to the pool side and marshal in before their race begins. If you have a new older swimmer, have them buddy up with one of the older season swimmers to learn how this process goes. ☺
4. After a swimmer races their event, they need to collect their belongings (towel, flip flops, etc), and make their way immediately to their coaches. It is there that the coaches review how the swimmer performed in their race, what they did well, and how to further improve. Feedback like this is so important as it builds up, encourages and helps your swimmer understand how to improve for next time. Swimmers are welcome to find their parents after they see their coaches. Parents remember to encourage your swimmer and praise them for their efforts. Focus should

be on doing your own personal best, not did you come in first. Children become more positively motivated when challenged against themselves, versus being concerned about how they stack up to others.

5. Race results are posted through out the swim meet, usually in a very public open space for parents and swimmers to review. The results are split into two areas: male, female. These two areas are further split into events, age groups, and even heats. Don't worry – it only takes one meet to catch on!
6. Most swim meets offer an app called Meet Mobile that gives up to date results of each race. Ask a seasoned parent how to use it!

Additional Meet Information & Terms:

Nutritional and Rest Prep for a Swim Meet:

Most kids don't like to eat early in the wee hours of the morning, and who can blame them. So the evening before meal need not be anything special, just some favourite dish, high in starches and protein. Breakfast, on the morning of the meet, should be on the light side, but do not send your swimmer away from the table hungry. This meal should be high in starches and extremely low in processed sugars. Please, no sugary breakfast foods. Try granola bars, eggs and toast, fruit and yogurt. Also do the coach a favor and do not let your child load up on sugary foods before coming to a meet or practice. Just allow him/her enough food to satisfy his/her hunger. **No full stomachs, please!** They will need lots of nutritional snacks and small meals to keep them going all day. Your swimmer will need lots of rest also. The night before a meet should be handled as if it were a regular school night. Put your child to bed at about the same time you would on a school night. They will be up early, sometimes earlier than a school day. Rest can also make a real difference in your swimmer's performance. **WATER – HYDRATE!!!** This is a key component to the entire season for ample energy. Make Water a new favorite drink for the family. Kids who poop out easily are often dehydrated. For more info – talk to a seasoned Piranhas Parent, or to your Coach, or the Piranhas Executive for great food ideas.

Swim Meet Scratches:

A scratch meeting is held at the start of each day. Last minute deletions of swimmers are made. All entries are checked, verified and amended in the presence of a representative from each Club under the Referees supervision. NO, last minute additions to an event can be made; only scratches!! It is important that once you sign up to a swim meet and especially if you are on a relay team – that you attend. If you fail to show, the relay team will be scratched and it won't just be you who loses out. There is no credit given back to clubs that have swimmers who scratch, thus we have the Swim Meet Commitment Cheque to cover these instances.

Lane Assignments:

These are usually seeded according to previous recorded times, however if your swimmer has No time for an event they will be seeded randomly with other swimmers who have No time or the slowest times. Our Swim Meets have been doing what is called Senior Seeding: swimmers swim against others of similar time, regardless of age. As a swimmer improves in time they may swim in later heats. If there is more than one heat in a race, the fastest heat will be last. Swimmers with no time will be in the first heat.

Disqualifications:

Swimming is a technical sport that requires constant refinement to improve. There are usually 12-18 stroke and turn on deck at any given meet, including a Referee. It is their responsibility to call any infraction that they observe in their zone. Stroke and Turn officials are responsible to report these infractions to the Meet Referee and then the Meet Referee has to decision to disqualify that swimmer or not. Every other sport has referees that call infractions/fouls or other calls specific to those sports. This should not be considered a personal attack on your child, but a learning opportunity to recognize a chance to improve. DQs are give across the board to swimmers as young as 4 all the way up to the Masters Age Group. Remind your swimmer that DQs are not punishment, but that practice will make perfect!! DQs are also not a good reason to stop swimming a certain event, in fact your swimmer can learn determination, coachability and perseverance by making it their goal to correct their mistakes and conquer them! Getting DQ'd will have the consequence of not getting a final time. Just so you know!

Team Area for Swim Meet:

Every Team is provided with an area for the swimmers to spend their day. At some meets, this area will be outside, at others it will be inside the pool facility either on deck or in a flex room like a gymnasium. Some meets allow for a couple of chaperones to sit with the team, some meets allow for the parents and other siblings to join the team area. We will do our best to let you know what these arrangements are so that you and your swimmer will be comfortable. Usually your swimmer will be "camped out" with their teammates in-between races. They use blankets and "camp out", with their snacks, water, and games. Many use DS or other video games, books, cards, etc. Some choose to even nap. Be sure to bring anything they need to be comfortable. They will be in and out of the pool all day, so you will need lots of towels to keep them warm and dry as the pool water temperature is usually cooler than normal. A sweater/sweat pants are handy to put on in-between races and also to help keep muscles warm. Swim meets run all day. They are on deck for 7am usually, sometimes earlier, and can run until 4 or 5 pm sometimes. Never leave a swim meet without speaking to your coach first. You may be on a relay team and you would be disappointing three other swimmers if you go home early. You might want to stay for this even if your swimmer is not on a relay team, as it is usually the most fun team event part of the day. Go Piranhas Go!!!