



Swim Meet Frequently Asked Questions

What do I need to know about Swim Meets?

Meet notifications:

- The meet calendar can be found on the NLSC Website under 'Upcoming Events' or also the Alaska swimming website.
NLSC: <https://www.teamunify.com/team/aznlsc/page/events#/team-events/upcoming>
Alaska Swimming: <https://www.teamunify.com/Home.jsp?team=wzaslsc>
- Coaches will talk about meets during practice to make swimmers aware of what's coming up. Often for larger championship meets, Coaches will send out Qualification reports detailing who has met qualifying standards for upcoming meets.
- An email announcing an upcoming meet will typically go out to team members a couple of weeks prior to the event, reminding families to sign up. **Each meet has a registration deadline. Please be aware of this date on all meet communications and sign your swimmer up prior to this date**

What events should my child swim?

- Sign your child up for events in their age group first. Age groups are 8 and Under (only 25yd swims), 10 and Under, 11-12, 13-14, 15 and Over. You will also see open events and these can be swam by any age swimmer.
- Ask your child what they are interested in swimming. Encourage them, as they attend more meets, to try new events each time.
- Most meets swimmers are allowed to swim up to 5 individual events, with the additional possibility of being placed (by coaches) on team relays. It is ok if your child doesn't want to swim the max 5 or more swim events right away and completely understandable. Meets can be scary the first few times!

What are time standards?

Most swim meets do not require qualifying times. However, there are many meets that do have these minimum standards. Alaska Championship meets have varying levels of qualifying time standards. Additionally, there are meets on a national level that have qualifying standards as well. Qualifying times are based off of national time standards created by USA swimming.

Time standards are provided in SCY (Short Course Yards), SCM (Short course meter) and LCM (Long course meter). In Alaska we primarily swim only SCY, with the exception of one LCM meet typically held in the summer.

Time standards for Alaska championship meets:

Central Area Championships - December - All ages - Unique to AK - can be found on Alaska Swimming website

Alaska Summer Championships - July - All Ages - Requires a B time in the age group (13/14, 11/12, etc.)

Age Group Championships - February - 14 and Under - Requires a B time in the single age category

Junior Olympic Championships - April - All ages - Requires a BB time in the age group (13/14, 11/12. etc.)

Senior Champs - January - All ages - Requires an A time in the 13/14 age group

*The specific times for each age group can be found on the Alaska Swimming Website, or in our NLSC bulletin board near the Palmer Pool office.

What does a typical swim meet look like?

1. Look for other team members to establish a team area.
2. Send your child over to the coach for warm-up.
3. If you haven't already, find your child's events on Meet Mobile or a purchased heat sheet. Highlight event, heat number and lane number you child will be swimming. After warm ups you can write this on your child's arm.
4. Your child will report behind the blocks 1-2 heats prior to their race to the lane that is in heat sheet.
5. It is the child's responsibility to see that they are at the starting block for each event on time.
6. Meet announcer will make announcements for each event. They will also announce last call for a particular event.
7. If your child is not on the starting block upon the call for their heat, they will be prohibited from swimming that event.
8. Occasionally, particularly developmental swimmers, will be disqualified from an event. This is perfectly normal and part of the learning process for swimmers. DQ or Disqualification occurs when a swimmer does not swim the stroke technically correct or false starts off the blocks. Parents and children should look at this as a learning experience. As their stroke techniques improve, their frequency of disqualification will drop. Even our more experienced swimmers will occasionally be disqualified.

Warm ups: Swimmers are required to be at the pool prior to the meet start for warm up. Warm-ups are not optional.

Heat sheets: Event order varies each meet. Heat sheets will be sent out via email prior to each meet typically so you can see what heat and lane your child is swimming in. Additionally, an essential app for swim parents is Meet Mobile. Data is uploaded from the \swim meet to the app during the meet so you can check times and meet progress.



'Sharpie report:' Many swimmers find it helpful to write out the events on their arm or leg with sharpie so they don't forget where to be and when! See examples:



	E (for event)	H (for Heat)	L (for Lane)
25 Back	4	2	4
50 Free	10	3	6

Swim Meet Essentials:

- Swimsuit, cap and goggles (with an extra if possible)
- Towel (1-2)
- Something warm to wear for swimmers. Although the pool is hot for spectators, it can be very cold on deck for wet swimmers. Sweatshirts, sweats, swim coats or blankets are all good options.
- Healthy snacks! Swim meets can be long and swimmers are always hungry. Suggestions: Water, gatorade, granola bars, fruit, trail mix or yogurt.