

What to Expect At Your First Meet

I am excited to have your swimmers start competing here with SOL Swim Team.

What to Bring: Your SOL suit, SOL Cap, SOL clothing, parka (if you have one), 2-3 towels depending on the weather, shoes or Uggs, water and snacks. We will most likely be in the bleachers so extra seating isn't necessary. There is no snack bar since the meet is so short.

Checking In: When you arrive, you will need to check in at the Check in tables which will most likely be at the entrance to the pool. Your swimmer will get their event numbers written on their arm in Sharpie. After that, wait until your coach calls to get in for warm-up.

Warm-up: It is important that you arrive at the designated time. Swimmers will get in and warm up. If you are late to warm-up, your coaches will not warm-up your swimmer separately. They will do a few laps to review the strokes as well as practice some dives.

Events/Heats: You and your swimmer will be responsible for getting their heat and lane. After warmup, the events and heats/lanes on the wall. There will only be a few events posted at a time. If your event is not up yet, please keep checking in. Take the corresponding event number written on their arm and find what heat and lane they are entered in. Remember that! Just try to do one event at a time. Coaches will have them as guides but we want to get the swimmers into the habit of checking themselves.

An announcer will announce the events as they come along.

Staging: Staging is for 8 and unders only doing 25s. Volunteers will place the swimmers in the correct order and lane then bring them over. This will take place on the opposite end of the blocks. 9 and olders will be doing 50s and will be going off the blocks or next to them. They will not be staged.

Diving: 8 and unders will most likely go off the deck of the pool. 9 and olders have the option of either going off the block or next to it. There is no rule that says they have to dive off a block. Your Coach wants the best dive possible and what they feel comfortable with.

Other:

- If you need to leave early and the meet is still going on, tell your Coach. If you leave without saying something and you still have an event to go, you will have consequences with the Head Official such as paying a fine or missing an event the next day. You are allowed to leave but will have to take you out of any remaining races.
- Ribbons will be handed out at practice the following week and will be for top 8 swimmers in an event, not heat.
- Every meet will be run the same, after you do one, you are a pro!

Remember: This is fun for your swimmer and a chance to show off what they can do!