

Swim Meets — What is it all about?

Swim meets are the reason for practicing! At a swim meet, swimmers get a chance to win in three ways:

- By racing competitors,
- By improving their best times, and
- By meeting new friends.



The swim season is divided into two distinct periods — the short-course (25-meter) season is between August to March and the long course (50-meter) season is between March to August.

What is the difference between short and long course swimming?

The North Peace Leisure pool is a 25-meter pool, which is short-course. A long-course pool is twice the length; 50-meters.

An example of a long course pool is the Eastlink Center in Grande Prairie. The Eastlink pool also has the capability to convert to two 25-meter pools (short course) by moving bulkheads.

Swimmers should know both their short-course (SC) and long-course (LC) best times.

Who can swim in meets?

Everyone can compete when registered in our competitive programs (pups and up), but entry into some competitions is dependent on an athlete's ability to achieve set swim time standards in specific races. In British Columbia there are Divisional and Provincial qualification standards. There are also different national level time standards. Swimmers are encouraged to attend meets for which they are eligible. Doing so keeps the 'playing field' level for all swimmers at a competition.

What are the different kinds of swim meets our kids will attend in the year?

Invitational Meets — Most of the regional meets are "all level." Swimmers are not restricted because of their personal best times. Some of the longer races offered to younger swimmers do have time standards. This is to ensure that swimmers are not being asked to compete above their level, and to keep the length of the swim meets predictable and shorter.

Swim BC Meets — The competitions are held in February/March for and June/July. Swimmers must have attained a qualifying standard to compete.

Canadian National Meets — There are a number of national level swim meets that athletes can attend if they achieve the required national time standards.

International Meets — These are what we aspire to! Selection is normally based on performance at national championships or special trials meets.

Where can I find these swimming time standards?

On our club's website under the "Swim Meet" tab. Look for "Time Standards" there.

How do swim meets work?

Most swim meets are multi-day events with different events on different days. Swimmers usually swim three to five different events each day. Most days have two swim sessions; usually morning preliminaries and afternoon finals, although smaller meets have a break between sessions. Every day there are warm-ups before the races. Swimmers join all the other competitors and their teammates in the pool. {It's chaotic, but a part of the experience.) Swim meets mostly rely on electronic timing to record swimmers' times. All times at sanctioned swim meets (meets that are approved by Swim BC and Swim Canada) are recorded and become part of the swimmer's competitive record. Swim meets are always competitive, mostly because swimmers are always competing against the clock. Swimmers can have great meets and never win a medal because they are mostly competing against their past times.

When are the swim meets?

Inconnu hosts two home swim meets; The Sadownik Memorial in November and Spring Splash in May. We encourage all our athletes to attend and we heavily depend on volunteers to run the home swim meets.

We also attend out-of-town meets throughout the season! This year's meet schedule is on the club's website under "swim meets".

The 'What To Do List' for Swim Meets

Below is a list of what to do, and prepare for, when you attend a swim meet.

Prior to a swim meet the kids will receive their events. There may be events on the list that your child may be hesitant to swim. The coaching staff always has your child's best interest in mind when choosing events. There is always a reason for the chosen event.

Fees to enter the meet are usually billed to your account. If you are not going to swim in the meet, please inform one of the coaching staff so we can scratch your child from the meet. The coaches will assume that non-payment of your meet fees by the due date means that your child will not be participating and we will scratch them from the meet.

Please be aware what time the meet starts and what time warm up is. Warm up is 1 hour before the racing starts, and all **swimmers need to arrive 20 min before warm up.**

There will always be a meet package posted on our website, as well as on our team corkboard. In it will be the start and approximate finish times for each day. You should make a point of being at the pool 20 minutes prior to the start time. The club warms up on deck before getting in the pool for warm ups.

Swim meets can be a marathon. Coaches cannot predict what time your kid(s) will be racing because we don't have control over how fast or slow the meet will be running. Therefore, we ask that parents and kids stay at the pool for the duration of the day. The coaches are coaching your kids – not looking after them, so please ensure there is someone there to look after them.

We recommend downloading [Meet Mobile](#) to have access to the heat sheets and results. Search the name of the swim meet and you will then know what event, heat, and lane your swimmer will be in for their races throughout the weekend.

Relays are an exciting portion of swim meets and coaches hope to have everyone in relays. However, due to scratches, and performances during a meet, coaches will make last minute changes.

For those who are new to swim meets. Here's a list of items to bring for the meet.

- At least two towels
- Water bottle (should be drinking throughout the day)
- Goggles (2 pairs – in case one breaks)
- Team swim Cap (2 – in case one breaks)
- Team Team Gear – Team t-shirt minimum
- Warm up swimsuit & race swimsuit (younger swimmers have just one)
- Shorts or track pants, touque (important to stay dry and warm)
- Flip-flops or shoes for feet
- Food - bananas, sandwiches, cut up fruit, crackers, etc – preferably foods that are easily digestible and healthy. Nothing deep fried or high in fat (takes too long to digest and can upset your stomach during racing)
- Swimmers are expected to wear team gear at all times during the swim meet. **TEAM T-SHIRTS AND CAP ARE MANDATORY.** The club has made an effort to provide quality gear at an affordable cost. This will enable us to project a more "professional" image during the meet.

Swimmers should remember that they represent the Inconnu Swim Club and should always dress and act in a manner that reflects their pride in the club.

Questions? If you ever have a question regarding the swim meet, please contact your coach before the beginning of the meet.