



Swim Meet 101

Parents, if this is your first season or first swim meet, there are some things that will be helpful to prepare for the meets.

ARRIVE EARLY! Warm ups will start at a certain time. It is your responsibility to know this time and it is usually posted in the meet flyer or sent in an email from your coach prior to the meet. Please **DO NOT** pull into the parking lot at the warm up time. Allow for travel time, traffic, and parking. Always check your emails because sometimes these warm up times change!

Bring cash and purchase a heat sheet! It is good to have cash in case you need to purchase snacks and to purchase a heat sheet. **KEEP** your heat sheet for the entire weekend. It will have all of your athletes events in it (event, heat, and lane). See How to Read a Heat Sheet. Some teams use Meet Mobile (see info below about Meet Mobile app) as their heat sheet as well. It is at the hosting teams discretion how they will display their heat sheets. Not all teams do the same thing.

HIGHLIGHTERS & PERMANENT MARKERS are helpful and you will always want them for a swim meet. Highlight your swimmers name. Go through the heat sheet and find your swimmer listed under the events your coach has put them in.

Please check the events they are swimming in on the website or On Deck app before the meet. If you have trouble finding your swimmer listed, please ask another parent or Manta member for help.

You or your swimmer will write their events for the day on his/her arm or leg....its a swimmer thing. Use a sharpie. It should be written as E/H/L/S(that is the event #, heat #, lane#, and stroke). Example: under each corresponding letter you will write the number. 2/3/4/50free (this is event #2, heat #3, lane#4, 50 free)

Your swimmer should talk to their coach before and after their races.

Your swimmer will need to pay attention to the meet and know when they need to get behind the blocks. They should be behind the block 3-4 heats **PRIOR** to their heat. 25's and 50's go fast, so they might want to be there earlier. It is helpful to find a friend who might be swimming in the same event or ask your coach for help. If you are playing or not sitting in the bleachers with your team, you might miss your race.

Your athlete is encouraged sit with our team. At home meets, the Manta team (athletes only) will sit on the deck under the Manta Swim Club banner (near the dive tower on the East Side. Parents are encouraged to have their swimmer sit with the team. This is very good for the athletes as they build friendships and strong team structure. This also teaches the athlete to be independent and less dependent on parents at swim meets.

Your athlete is encouraged to not use their personal devices while on deck. Swimmers can use the phone to communicate with parents but spending time between races is not the best use of time. We would like to see the swimmers talking to coaches, teammates or relaxing.

Volunteer!!! Not only is it easy, but it is required. Job sign-ups are posted by the Volunteer Coordinator via Sign-Up Genius. You will need to log into the site and select a volunteer position. See [Guide to Volunteering](#) on the website.

Be kind and courteous to the timers, officials, meet marshals, and volunteers!

They are volunteers. Refrain from using inappropriate language with the volunteers or officials. Officials reserve the right to have you removed from deck and your swimmer kicked out of the meet if they feel it is inappropriate. We always encourage our swimmers to thank the volunteer timer (s) after their race. They are volunteering their morning so your swimmer can race.

When the meet is in the training tank (most meets are) please be courteous to all others that want to watch their swimmers. We ask that parents/grandparents/ friends of the athletes refrain from standing at the railing all session. Watch your athlete and then make room for another cheerleader. If there is no room – ask someone if their swimmer is in the next heat – most will let you have their spot and step away.

Don't panic when your swimmer misses a race! This does happen and a learning experience. They will learn from this. Remember they are new to the sport and everyone has misses a race before. This is important because your swimmer needs to pay attention to when they need to be behind the blocks. The meet will not stop if the athlete is not behind the blocks. Most of the time the coaches will not come looking for the swimmer who is not behind the blocks...it is the athlete's responsibility, and we are encouraging them to learn at a young age to be attentive at a swim meet.

Don't get mad at your coach, your swimmer, or the officials when they get disqualified. It happens to everyone at some point and at all ages. Instead of them repeating the stroke error – we encourage them to learn what they did wrong, talk with their coaches, and figure out how to correct it so it doesn't happen again. 1st DQ? Take them to Dairy Queen...only the first one, however.

You can leave after your swimmer's last race but we encourage staying till the session is over to promote team support. Sometimes your swimmer will swim the last event or you will be volunteering for the session. It can take the swimmer some time after their last event...they will need to speak with their coach, warm down, clean up their area, and sometimes change clothes.

When your swimmer competes any race, whether it was good, bad, or ugly...say "GREAT JOB" or "How'd that feel?" And that's it.

- Send them to speak with the coaches
- Please refrain from "coaching" behind the blocks, behind the coaching table, in the car, or in the stands.

- Trust your coaches

CHECKLIST FOR PARENTS:

- Extra towels.
- Cash for heat sheets and snack bar. Kids love going to the concessions...it is fun plus anything spent supports our team.
- Snacks
- Water...it's important to stay hydrated
- A book or magazine
- Credit Card. If a swim vendor is at the meet you might want to go shopping
- Chairs when in the training tank. The viewing is limited and there is usually some time between swims.

CHECKLIST FOR SWIMMERS:

- Towel(s), warm Manta clothing. Manta hoodies are available on the website shop.
- Swimsuit, goggles, and Manta swim cap. Always have backups of these in their bag. Fun swim caps are for practice on Fridays
- Things to do in between races: card games, coloring, books, small toys...but **PAY ATTENTION TO WHEN YOU SHOULD BE BEHIND THE BLOCKS**
- Leave their phone with you or in their swim bag
- Snacks and Water!

Swim Apps you will want to have:

ONDECK: this is connected to our Team Unify Website. You can register for meets and see the time standards to follow along. See a Manta member, coach or parent for help if you need.

MEET MOBILE: Most meets(not all) will be on Meet Mobile. This is good to follow along and see your athletes' times during the meet. Also, some teams use Meet Mobile as their heat sheet as "paperless" is the way to go. Sometimes you will need to purchase the heat sheet through Meet Mobile. It is completely at the team's discretion as to how they decide to have heat sheets.

Time standards:

A=Jr Provincial ([Jr Provincial qualifying times](#))

AA= Provincial ([ManSask qualifying times](#))

Acronyms:

SCY=Short course yards SCM=Short course meters LCM=Long course meters