



# PASEO SWIMMING

THE PATH TO EXCELLENCE

## Championship Meets -VS- Regular Meets

First is defining the two Meets-

A **Championship Meet** is a meet that has a preliminary heats session in the morning to mid afternoon. Then in the evening they have a FINALS session where the top 8 to sometimes top 30 swimmers in each event return to swim in the evening.

A **Regular Meet**- this meet has no finals. The majority of meets are like this. You athletes swim in either the morning or afternoon session and the meet concludes.

### What you need to know to navigate a Championship style meet before the meet starts:

1. Read the **Meet Form** that is posted with every meet. In this meet form it will tell you all the particulars of how the meet is being run, how many events the athletes can swim daily and how many swimmers will return to finals.
  - a. How many swimmers returns to finals is **IMPORTANT** to know? The meet form might say the top 10 in each event will return to finals. Or it may say there will be two heats of 8 for finals, A CONSULATION HEAT and the FINAL HEAT. This means that the top 16 athletes make it back to finals. Sometimes they run 3 heats of finals at 10 lanes and the top 30 make it back to finals. So you must read to know how many athletes come back to finals it varies meet to meet.
2. Once you know (1.a) above how many kids return to finals then **Meet Mobile** becomes more then just a place to check time. You also check your ranking to see if you made finals! This is what every kid **WANTS** to do is make finals at championship style meets. You might ask why?
  - a. Kids typically swim faster and **improve** their times in finals
  - b. Finals is the only place the athletes can score **points** for their team. This is **VERY** important as teams are fighting to be the overall high point team of the meet.
  - c. It shows **growth** of the swimmer. It prepares the swimmers to understand the value of a Championship style meet as they continue to develop.

### What you need to know to navigate a Championship style meet DURING the meet:

1. Listen to the announcer. He/she is always making announcements about the **EVENTS** and **FINALS**.
2. Check you meet mobile and see what position your athlete is currently ranked compared to what you know from (1.a) above on how many kids get the **opportunity** to swim in finals. NOTE: If you are ranked within 5- 6 spots from making finals it is important you are on high alert of making finals. Your athlete should check in in with the meet admin prior to leaving the meet to see if by any chance they made it into finals. As well as check in with your coach.

### Why if meet mobile ranks the kids outside of making finals would my kid have a chance at making finals?

1. Other athletes may declare to scratch the event for various reasons. Most of the time its because they have already made finals in a previous event and maybe in all three events for that day. It's not uncommon then for an athlete to choose to scratch one event. Then this moves a swimmer into position whom otherwise was not ranked in. This happens a lot you must be on your toes.
2. Sometimes teams have traveled very far to come to the Championship Meet (3-6 hours) and its Sunday. The pressures of homework might be on the athlete's mind or parents mind and getting home just outweighed the value of swimming in Championship Finals. This might seem the obvious but trust me when I tell you this. Some Championship style meets there are College coaches standing on the decks scouting or recruiting pending the athlete's age. Obviously, this is for the older kids chasing their dreams of college swimming but their future in swimming is grounded by their developmental years. This is why learning finals at a young age is paramount.
3. You may be an **Alternate**. An alternate is the top two finishers just outside of the group making finals. These alternates have areal chance in getting to swim. If you are an alternate, you should report back to finals warm up with the team and be prepared to race when the event you are an alternate for is coming to the blocks. Typically, and alternates is standing behind the blocks awaiting their chance. How does the alternate get in? if there is a no show for the finals the meet referee will call for the first alternate to fill the lane. If your there your in!!!

### The meet form reads Timed Finals. What does this mean?

1. If you read in the meet form that the age division you kid is competing in is a timed final bracket that means they do not have a finals session at night and their prelim swim is their only swim opportunity of the day. This happens often in the very young age groups.

In conclusion, Championship style meets are something that athletes and parents must get use to. It is an honor to participate in these meets but it does come with many learning experiences. Kids will miss races, kids will miss finals, kids will miss being an alternate, parents will miss announcements. But it is the parent and the Athletes responsibility to be on top of this. A coach cannot reasonably do this during the meet while he/she is overseeing 20- 30 kids.

When meets are posted to the website it is clearly stated if the meet is a Prelim/ Final meet. When you see this it's a clear indicator to read the meet form posted along with the meet and understand what you are heading into.



Paseo Aquatics 501 C3, Safe Sport recognized club, located in Santa Clarita Valley 661 388 5301

