

GENERAL MEET QUESTIONS

Is there food and swim gear available at the meets?

Yes, most every meet has an extensive snack bar that serves breakfast and lunch at a very reasonable price as well as snacks. You may want to pack an ice chest with healthy snacks and a lunch. See our Nutrition tab. Bring plenty of water and sports drinks for your athlete. We recommend you plan ahead though and pack extra goggles, caps, and suits.

How does a swimmer get disqualified?

Southern California Swimming supplies numerous officials for every meet. Officials pay careful attention to every detail from the start to the finish of a race. Swimmers who false start or do an incorrect stroke or maneuver will, in all likelihood, be disqualified. At the end of the race an official will explain the infraction. Getting DQ'd is upsetting, but it happens to everyone and should be used as an educational experience.

How long are swim meets?

Most swim meets are two day long events. However, they are split into two sessions, a morning and an afternoon. Each session is carefully planned not to exceed four hours (but sometimes they do). However, there are certain championship meets that have no time limit. These are very big meets and you can expect to spend the better part of your day there. Almost every meet we'll attend will be at least two days long (Saturday and Sunday). Your coach will recommend the days you should attend.

What is long course and what is short course?

The swim season begins in September with short course. These meets compete in 25 yard pools (usually the width of a 50 meter pool). For 8 & unders these meets offer the 25 yard events that are great for entry level swimmers. Long course is a 50 meter (Olympic sized) pool. The minimum length of events in this pool are 50 meters (1 lap).

Do we hold any meets at our home pool?

Yes. We host meets at Castaic Aquatics Complex and Santa Clarita Aquatics Complex. We will be holding dual meets, inter-squad meets, and Championship Meets.

Is swimming too competitive for my child?

No. Unlike other sports, USA swimming has taken pains to insure the swimming is both fun and inspiring. To that end not only do the swimmers compete against children of their own age, but due to the A/B/C system, they compete against swimmers of their own skill level usually as well.

How often should my child practice?

Each group offers a different amount of workouts a week and has different attendance expectations. The amount of time asked of your swimmers and you starts at a low level and increases as your swimmer progresses through our groups. The low impact nature of swimming and the carefully designed progression of our program are designed to improve your swimmer without adding stress to the body that can cause injury.

