

What To Do Once Signed Up for A Meet

My child is new to the sport or is weak in a certain stroke does he/she have to compete against the best swimmers?

No. When a child swims an event for the first time, he/she is listed as a NT swimmer. At the meet the children are seeded by best times. No Time (NT) swimmers will swim together. While it will not be clear who is competing at what level in the pool, when the results are posted, they will be sorted by level.

How does a Southern California Swimming Swim meet work?

The swim meets are very well organized events. When you arrive you find your team, you check in with coaches, and warm up with coaches. Once the meet begins you will hear periodic announcements about what race is in the water. **Before your race, check in with the coaches and then again after the race.**

What are the parent's responsibilities at a meet?

Each team is assigned a certain number of timing chairs based upon the number of swimmers their team has entered in the meet. It is expected that every family provide a timer for at least one hour of the meet. A sign-up sheet is always posted on-line week prior to the meet. Please sign up for at least one-hour stint. Timing is actually rather fun and gives you a front row view of the pool. Depending on the pool, your responsibilities will range from pressing a button, to using a stopwatch, to writing the swimmer's time on a sheet. It's easy and possibly the most helpful thing you can do for your team on race day and provide a great meet experience for all athletes.

What should my child wear?

Visible Paseo team clothing needs to be worn at all meets. Contact Denise at Denise@paseoaquatics.org to order any Spirit wear! Always remember to bring several towels to every meet. Also during winter it can get chilly so stay warm clothing is great (aka socks)

How do I check in at a meet?

First, be sure to arrive early. Your child needs to locate his/her coach. Coaches will email out arrival time prior to the meet and/or post it on the website. A check-in table will be somewhere near the pool. **Your child (not you) MUST check in.** They will be told their event numbers and marked as present and accounted for. It's not a bad idea for your child to write his/her event numbers on their arm. **Not checking in can mean not swimming events.**

Once a swimmer has checked-in they are committed to swim. If your child does not show up at an event, he/she or the team can be penalized. If you must leave or your child gets ill after you've checked in, return to the administration desk and "scratch" your child. Ask a Coach if you need help. If the event is about to happen, have your child speak to their coach immediately and receive direction from the meet officials as far as how to proceed.

How do I find out my heat and lane assignment?

When you arrive at a meet there will be a wall of information usually broken down by boy and girls. Here you will see a sheet (psych sheets) for each event. Locate your child's events and make sure they are listed. If they are not or they are listed wrong, go to your coach. If they are listed correct, do nothing.

A few events before your child is to swim, a new sheet will go up on top of the psyche sheet. This sheet will have heat and lane assignments and will tell you what heat and lane your child will swim. Use a black permanent marker to write this down on the back of their hand.

At this time he/she should report to the coaching staff and inform them of the heat and lane. The coaches will give them some last minute advice and send them off.

How does my child get to his/her event?

The coaches are very busy timing and prepping swimmers for their events and therefore cannot get your child to the starting blocks. We do promote that parents keep an eye on the pool and watch what events are in the water as well as the current heat. But we also promote parents sending your swimmers to the blocks alone and teach them to learn this process at a very early age.

Swimmers usually need to be around the blocks or in the warm up pool at least one event (not heat) prior to theirs. It is best to have them check in with the timers of their lane to be sure they're in the right place at the right time. Teaching your swimmer how to get to his/her event on their own is an important part of the process of developing our athletes.

Swimmers may miss an event as part of this process. We see that as a learning experience and something all swimmers do at some point. It's learning from that experience that the coach will encourage at our early levels.

What do we do after a race?

Immediately after your child's race send them off to the Warm down pool. After warm down come see your coach. If that was their last race of the day and there are no relays planned, they are free to go unless otherwise instructed by your coach.

When does my child get his/her awards?

Ribbons and medals are usually delivered in the week after the meet or at the meet directly.

The meet is outdoors and it looks like rain

Rain does not stop a swim meet since it does not impede the swimmer's performance. The only exception to that would be an electrical storm. Any meet cancellation would be announced on our website as well as email as soon as a decision was made. If no message on our website or email from a coach, head to the meet.

Where do we sit at a swim meet? You are allowed to sit anywhere you like that is not roped off. Bring a canopy to stay out of the sun and folding chairs are a must. Tarps, blankets, sleeping bags are all advisable in cold weather. Some meets we have official team areas for swimmers only but not always.