



VICTORY AQUATICS SWIM TEAM

Parent's Guide to Swim Meets



Victory Aquatics Swim Team

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Swimming isn't about how others perceive you. Swimming is ultimately about how you perceive yourself. Swimming helps you understand your own body and mind and soul, how far you can push yourself, and how you can overcome personal obstacles. You may not make the Olympics, but you may understand how to set goals and accomplish those goals. You may learn how to become the best person you can become. (John Leonard)

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There is a lot of valuable information on-line. Be sure to look around. Information mostly relevant to the Parents is under the ‘Parents’ tab as well as most of the other tabs. Information mostly relevant to the swimmer, including, team records, meet statistics, and performance data is under the ‘Performance’ tab. ALL information under most of the tabs is viewable without having to sign in. Be sure to let the swimmers know they can view all this data on their own.

Parents, we want our swimmers to become independent and responsible. Please help your swimmer to become ‘meet savvy’ from check-in to go home.



Victory Aquatics Swim Team

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INTRODUCTION

CHECK E-MAIL

Swim meets are a part of competitive swimming. Some meets include everyone, some meets have qualifying time requirements. Some meets are for beginners and some meets are for the faster swimmers. Some meets are close, some meets require travel. All swimmers are expected to take part in this most exciting aspect of competitive swimming. Our coach sends **e-mails** when new meets are put on the calendar. Parents are expected to accept or decline each swim meet. Coach sends a reminder **e-mail** when deadlines are approaching. After the deadline the coach finalizes and approves each event. Check your swimmer entries and communicate any questions/concerns immediately.

We encourage every swimmer to compete in the swim meets. That is what the kids are training for. It is the **ONLY** way a swimmer can get a time in an event. It is the **ONLY** way the swimmer can move up to higher performance levels. It is the **ONLY** way the kids can earn PATCHES and Bag Tags! It is the **ONLY** way to challenge and set new team records. It is the **ONLY** path to swim scholarships to good Universities and the **ONLY** path to the Olympics.

Attending your first swim meet can be exciting and confusing. Here are some of the things you should know.

TO SIGN UP

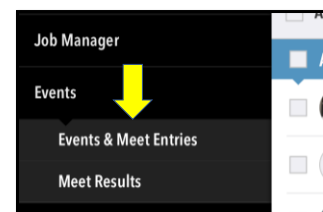
All swim meet communications are via **e-mail**. Be sure to check for team **e-mail** frequently.

Swim meets are posted on the calendar as soon as the meet is scheduled and the Head Coach determines it is a meet our swimmers are qualified to enter. Several weeks before the swim meet an **e-mail** is sent to the team.

There are 2 ways you can commit to swim meet.

(1) On-Deck

On Deck is the Team Unify Mobile Ap. This is by far the easiest and most convenient.



Step 1: Logon to On Deck (same user ID and password as on our web site)

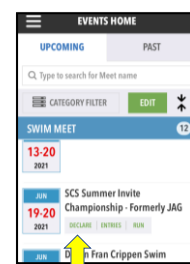
Step 2: Select Events

Step 3: Under the Events drop down, Select Events & Meet Entries

Step 4: Either scroll down to find the swim meets or filter using the category filter 'swim meets'.

Step 5: To see the meet information tap the meet date box.

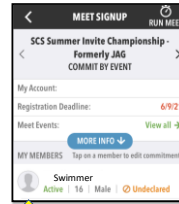
Step 6: To signup (or change signup) tap the 'rsvp' or 'declare' box next to the date box.





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Step 7: Pick the swimmer you want to enter

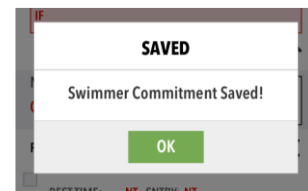
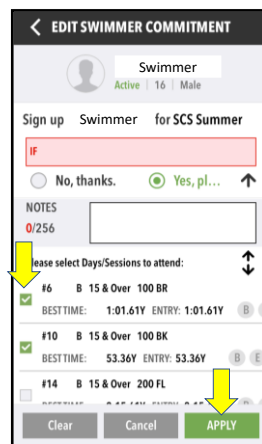
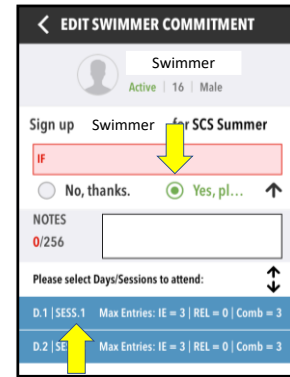


Step 8: Click on the 'Yes, please sign ____ up for the meet' button

Step 9: Click on the session you want to pick the events for.

Step 10: Pick the events and be sure to press 'APPLY' to commit

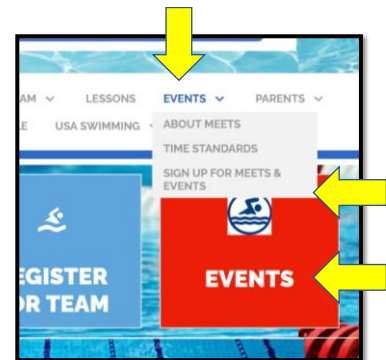
Step 11: You're not done unless you get the 'Saved' message



(2) Sign up on the Web

Step 1: Logon to <https://www.teamunify.com/team/cavaq/page/home>

Step 2: Select the 'Events' tab or 'Sign up for Meets & Events' or, if present, the 'Events' button





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Step 3: This will bring up the list of all events. Scroll to find the event you are interested in.

3a: To get the swim **meet sheet** and information, click on the name of the meet.

Current & Upcoming Past & Archived

Subscribe Search for Team Events Q T Filters

Jun 13 2021 Trials Wave II
Jun 19, 2021 - Jun 20, 2021 Event Category: Swim Meet, Senior Meets
This is a meet that qualifies the Olympic Team. The top 2 in each individual event qualify to go to the Olympics. The coach picks the relay teams.

Jun 19 2021 SCS Summer Invite Championship - Formerly JAG
Jun 19, 2021 - Jun 20, 2021 Event Category: Swim Meet
IF YOU DO NOT MEET THE QUALIFYING TIME STANDARDS COACH PERMISSION IS REQUIRED BEFORE SIGNING UP!
This is a

Email Event Edit Commitment

Meet sheets are PDF files that contain all you need to know about the meet: Dates, location, rules, entry requirements, the schedule of events, and any event time standards. If the meet sheet is not available keep checking back. As soon as the meet is sanctioned by our SCS committee the meet sheets are posted.

3b: To commit for the meet click on the button that says 'Edit Commitment'

Step 4: Click on the name of the swimmer

SCS Summer Invite Championship - Formerly JAG
Jun 19, 2021 - Jun 20, 2021

My Account
Mueller, Sherry
(626) 524-5020
Q Change Account (Admin Only)

Meet Name: CA 2021 TMEC Summer Invite Location: Murrieta Mesa High School, 24801 Mo...
92562, USA

Start Date: 06/19/2021 End Date: 06/20/2021

View/Edit All Meet Events Go Back to Event Home Page

Click on Member Name to declare for this Event:

Member Name	Member Commitment	Coach
Swimmer	Undeclared	# 6 # 10

Step 5: On the drop down, select 'Yes, please sign ___ up for this meet'

DIVE INTO COLLEGE RECRUITING Find your best college matches »

SCS Summer Invite Championship - Formerly JAG

Member Athlete: Swimmer

Important Notes:
IF

*Declaration
Yes, please sign [] up for this event

Notes:



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Important Notes:
1. Please pick the individual events below that the Athlete wants to attend.
2. Relay teams are solely determined by the coaches. If you have a problem attending the relay teams, please contact the coaches directly.
3. You cannot make changes after a coach has approved or rejected your events. Please contact a coach to request any changes.
4. Only an Admin can customize [Entry Times] and set [Bonus] and [Exhibition] fields.

Day 1 Session 1										Max Entries this Session E = 3 Rel = 0 Comb = 0	
	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time		
☐	5:14.02Y	5:14.02Y	☐	☐			2	B	15 & Over 500 Free	<=5:11.10 <=4:37.70	
☒	1:01.61Y	1:01.61Y	☐	☐	Pending	6	B	15 & Over 100 Breast	<=1:08.50 <=1:18.00		
☒	53.36Y	53.36Y	☐	☐	Pending	10	B	15 & Over 100 Back	<=1:00.50 <=1:08.40		
☐	2:15.61Y	2:15.61Y	☐	☐		14	B	15 & Over 200 Fly	<=2:18.20 <=2:36.00		

Step 6: On the events page, you can pick the events you think the athlete wants to swim. Or you can let the Coach pick the events she/he thinks most appropriate for your swimmer.

RED highlighted times means the swimmer does not meet the entry requirement for the event.

BLACK highlighted times are OK to enter.

- 6a. There is always a limit to the number of events an athlete can enter per day and per meet. You will get a warning if you try to enter more than is allowed.
- 6b. Most age-group meets are 'positive entry', meaning there is a check-in table at the meet. Athletes who enter more than the maximum number of events will have to scratch down to the max.
- 6c. Senior meets are usually 'automatic entry', meaning there is no check-in. If a swimmer enters more than the maximum or decides to scratch a distance event they must scratch before the scratch deadline, usually the evening before the event.

Meet Entry Guidelines:

Do NOT take it upon yourself to decide if your swimmer is 'ready' to swim in a meet. Commit and let the coaches decide. Our coaches want our swimmers to set goals and challenge themselves to reach those goals. When our swimmers can swim 25 - 50 yards in practice with proper technique and no bottom walking they are ready to compete. Swim meets are great fun and it is inspiring to watch even the youngest swimmers rise to the challenge of completing an event and getting a 'time'.

NOTE: The coaches will only approve/enter a swimmer in an event they believe the swimmer can handle. The coaches believe entering a challenging race gives the swimmer valuable experience. It will make them better swimmers and the kids learn to accept and meet challenges head-on.



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What If...

You can only swim one day instead of two. There is a notes area on the commitment page. Let the coach know which days you CANNOT attend.

If you cannot attend the entire meet or want the coach to take something into consideration when confirming the swimmer events put this into the notes area.

The “(days cannot attend, etc.):” is ONLY an EXAMPLE of what you could put into the notes.

Please be very clear about what day(s) you can or cannot attend if you cannot attend the entire meet.

This will help the coaches make entry approval decisions.

BEFORE THE MEET

After You Committed

About 2 - 3 weeks before the meet the coach will finalize (approve) the entries. Be sure to check the events your swimmer will be swimming and communicate any concerns/questions to the coach immediately.

It is the responsibility of the parent and swimmer to review these events and let the coach know if there are concerns or changes.

When the entries are submitted the meet fees are paid and the account is obligated for the fees whether the swimmer swims or not.

The Week Before the Meet

Meet Documents

Our Meet Admin will send out an **e-mail** with the finalized entries, timing chairs assigned to the team, a timeline, and occasionally a psych sheet. Print the entries and timeline and take them to the meet. They contain the event the swimmer is entered in along with an estimate of when the event will be swum.

This **e-mail** will also contain the warm up times.

Jobs Sign-Up



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The week before the meet jobs will be posted and a jobs signup notice will be sent to the team. Go to the event and click on the 'Job Signup' button to go to the 'jobs'.

Timing Chairs

Timing chairs are a privilege and a mandatory obligation of each team attending the meet. The host team assigns timing chairs based on the number of swimmers attending the meet. As a team we are expected to fill the chairs assigned to us. Our Meet Admin will set up the timing chairs job signup and send an **e-mail**.

- Go to the meet and select 'Job Signup' to choose your timing chair.

Timing chairs not filled as of midnight Thursday before the meet will be assigned by our Admin. An **e-mail** will be sent to the account. It is the responsibility of each parent to check their **e-mail** to see if they have been assigned a timing chair. If they cannot fill the slot the parent is responsible for finding someone who will substitute for them. See Appendix for Timing Chair How-To.

"Camp" Set-Up and Tear Down

Also on the Job Signup are jobs to transport E-Z ups and set-up /tear down camp. Having the team together is so important to our 'team' vibe. Kids get to spend bonding time together and parents get to know each other. The more experienced swimmers and parents are always available to help the newer swimmers and families. Camp set up should arrive around 6:30 – 6:45 to 'homestead' adequate space for our team.

Location of the Meet

The meet sheet will give the address and directions to the meet location. BE CAREFUL...some meets have FRIDAY night events. FRIDAY night swim locations MAY BE DIFFERENT than the Saturday and Sunday location. This information is clearly indicated on the meet sheets. Normally the Friday night events are for the older, faster swimmers and require time cuts.

THE DAY OF THE MEET

What to Wear

It is important for the image of the team to present a uniform appearance. We require swimmers competing at swim meets to wear the Victory team cap, the Victory t-shirt, and the Victory team swim suit.

Team swim wear is available from **CAS SWIM SHOP**, our team uniform vendor since 2018, for team swim suits, parkas, equipment, parent apparel and more. There is a link on-line under the 'Uniforms' tab or go to <http://www.casswimshop.com/searchresults.asp?cat=VICA>

"Tech" suits rules and the tech suits that are not allowed tend to change frequently. No swimmer 12 or under is allowed to wear 'tech' suits at any time. Additional information on the Tech Suit Policy can be found on the USA Swimming web page <https://www.usaswimming.org/news/2020/08/24/tech-suit-restriction-for-12-and-under-swimmers>



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What To Take To The Meet

1. Most important: Team swim Suit, team cap, and goggles. Recommended ... backup swim suit, cap, and goggles. Swim suits have a tendency to rip down the bottom back seam at the most inappropriate times.
2. Baby or talcum powder--To "dust" the inside of swim cap. This helps preserve the cap and makes it easier to put on.
3. Towels - Realize your swimmer will be there awhile, so pack at least two. When it's colder the towels don't dry between events so maybe it's a good idea to pack one for each event.
4. Something to sit on. Example: folding chair, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
5. Sweat suit (when it's cold): bring one. Each swimmer may want to bring two because they can get wet and soggy. There are beautiful team sweat suits on the CAS site.
6. Parka. During cold weather the parka will keep the swimmer nice and toasty. Strongly recommended. Team parkas are available from CAS.
7. T-shirts: Two or three. Same reason as above.
8. Games: deck of cards, travel games, electronic games, homework, coloring books, books, anything to pass the time. **Always pay attention to what event they are on.** It is easy to get caught up in a game or conversation and miss an event. When they are finished playing please have them put the games away so people can walk around.
9. Food: It is better to bring snacks. They usually have snack bars at the meet, but the lines are long and most of the time they only sell junk food. Suggestions for items to bring: fruit (for quick energy just before a race), vegetables, healthy snack choices.. Granola bars, yogurt, cereal, Jell-O cubes, sandwiches, lean chicken.
10. Drinks: Water, Fruit juice, Propel. Tru-Moo or Lucerne chocolate milk (check protein content) is a good source of muscle saving protein after strenuous races.
11. Once you have attended one or two meets this will all become very routine. Please do not hesitate to ask our Meet Admin or any other swim parent any questions you may have.
12. These meets are a lot of fun for the swimmers! He/she gets to visit with his/her friends, play games, and meet kids from other teams. He/she also gets to "race" and see how much he/she has improved from all the hard work he/she has put in at practice.

Before the Meet Starts

1. If you swim in the morning, arrive at the pool at least 15 minutes before the scheduled warm-up time.
2. If you swim in the afternoon, arrive at the pool 1 to 1 ½ hour before the scheduled warm-up time. If a meet is running fast they may move up the warm-up and start time of the afternoon session.



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Check In – Positive Check-in

3. For most age-group meets, find the check-in place. There are tables divided by girls and boys and by age group. When the swimmer gets to the front of the line they tell the volunteer their name. The volunteer will highlight swimmer name and give your swimmer their event numbers. **It's a good idea for you to have your meet sheet or entry sheet with you so that you can make sure these are the events you signed up for.**
4. Each swimmer **MUST** check in personally. Check in **IMMEDIATELY** upon arrival.
 - a. If this is not done, the swimmer will not be allowed to swim that event. Check-in is required so that the people running the meet know who is actually at the meet. After check-in, the meet administrators "seed" the swimmers into heats. Heat and lane assignments will be posted on a wall or fence. Be sure your swimmer knows where to look!
 - b. Sometimes the meet is "pre-seeded" and no check-in is required. These are rare and usually for championship meets only.
5. Once "checked in", write or have the swimmers write each event-number on his or her arm with a black permanent marker. This helps him/her remember what events he/she is swimming and what event number to listen or watch for.

E = Event number ... in this case events 2, 8, 12, 26

H = Heat

L = Lane

E	2	8	12	26
H				
L				

Do not scratch (cancel an event) unless you and your coach have talked about it first. Your coach must approve of all changes in events.

Get Settled and Ready for Warm Up

6. Look for the Victory E-Z ups and find a place to put your chairs, swimmer's swim bags and anything else you brought.
7. Your swimmer now gets their cap and goggles and waits for the coach to come get them for warm-ups. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day - he/she needs to get the engine going and warmed-up before he/she can go all out.
8. After warm-up, your swimmer will go back to the area where the team is sitting and wait there until his/her first event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
9. The meet will usually start about 10-15 minutes after the second warm-up session is over.

Timing Chair Assignments

10. Before the meet starts check the assignment board or clip board (usually hanging on an E-Z Up) for your timing chair assignment and mark that you have 'checked in'. Set an alarm to remind you.



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It is easy to forget to watch the time in the excitement of the swim meet. See Appendix for Timing Chair How To's.

Important Information to Remember

11. **IMPORTANT:** According to USA Swimming rules,
 - parents are not allowed on deck either BEHIND the timing chairs or in the ADMIN/COACHES area unless they are serving in an official capacity.
 - Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach. He or she in turn, will pursue the matter through the proper channels.
 - Out of respect for the swimmers, **NO photos or videos are EVER allowed behind the starting blocks** or, in the case of the 25 yard starts, behind the swimmers DURING the starting sequence. Once the race has started this is OK. Always be sure your camera is not pointing towards the swimmers backside during the starting sequence! The officials can't tell whether you are photographing/filming or not and will hold up the race until they are sure the swimmers personal privacy is respected!

Heat & Lane Assignments

12. Heat sheets with the actual heat and lane assignments are usually posted on a fence or wall several events prior to the race. We have the swimmer write the heat and lane number on their arm next to the event number.

Event 2, Heat 3, Lane 6

E	2	8	12	26
H	3			
L	6			

13. Psyche Sheet or Heat Sheets. A psyche sheet is sometimes available for sale in the concession area of the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and their previous best time (up to the date that the entry was submitted) in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the last heats of the event.
14. **IMPORTANT:** As soon as the swimmer knows their heat and lane assignment they report directly to the coach. FOR EACH EVENT!

When the Meet Starts

1. Most meets are computerized and available on an app called "Meet Mobile".
 - a. We ask our swimmers to report directly to his/her lane for competition about 3-4 heats before he/she actually swims. And the swimmer should check in with the timer holding the clipboard.
 - b. For events that are 25 yards the meet will usually have a staging area near the starting side where a meet clerk will check in the swimmers. (Because the timers are at the other side of the pool).



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2. **IMPORTANT:** Failure to be in the starting position at the beginning of a race will cause the swimmer to miss their event. If this happens have the swimmer report to the coach immediately! There is no longer any penalty for missing an event.
3. The swimmer swims his or her race.
4. Something to think about... some coaches run alongside the swim lane waving and screaming at their swimmer(s). Parents and grandparents scream loud enough to be heard under water. That's just the way they are, they can't help themselves. As for the swimmer. It is a scientific fact those persons who are most successful at what they do are able to focus totally on what they are doing and completely block out any outside distractions. If your swimmer is paying attention to their coach or listening to the screaming relatives they are not focused and not swimming up to their potential. Think about it!

After EACH swim:

1. The swimmer is to ask the timers (people behind the blocks at each lane) his/her time.
2. **IMPORTANT!** The swimmer reports immediately to their coach. The coach will discuss the swim with each swimmer.
3. After meeting with the coach the swimmer does a 5-10 minute cool down.
4. Generally, the coach follows these guidelines when discussing swims:
 - a. Suggestions for improvement
 - b. Positive comments
5. The swimmer now waits until their next event is called and starts the process again. When a swimmer has completed all of their events they and their parents get to go home.

IMPORTANT! Make sure you, as a parent, check with the meet manager or coach before leaving to make sure your swimmer is not included on a relay. If your swimmer is on a relay and you leave, the relay cannot swim. It is not fair to other swimmers who are excited to be swimming on a relay and who may have stayed for the relay.
6. Results are usually posted in the same area as the heat and lane assignments. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give the awards to the swimmers at practice.

Things you, as a parent, can do after each swim:

- Tell him/her how great they did! The coaching staff will be sure to discuss stroke technique with him/her. You need to tell him/her how proud of them you are for their trying.
- Take him/her back to the team area and relax.
- This is another good time to check out the bathrooms, get a drink or something light to eat.
- Many swimmers eat or drink some protein to help their muscles recover after a particularly strenuous swim. TruMoo Chocolate Milk contains 9g protein and the kids love it. When giving



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swimmers protein be sure to check the labels for protein content.

Heats and Finals Meets

- After the preliminary heat be sure to listen for the announcer to announce the finals qualifying swimmers or check the results board within 30 minutes. If your swimmer has qualified for finals they must scratch or show up for finals. See the scratch rule in definitions for how this process works. Swimmers who no show finals will be disqualified from the rest of the meet.

What Happens If Your Child has a Disappointing Swim

- If your child has a poor race and comes out of it feeling bad, talk about the good things. The first thing you can say is, "Hey, that is not like you. You're usually a top swimmer." Then you can go on and talk about the good things the child did. You never talk about the negative things.
- If your child comes up to you and says, "That was a bad race, don't tell me it wasn't," there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. "All right, you had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.
- **If your child gets a 'DQ' (disqualified), do NOT get upset.** DQ's are common, especially with beginning swimmers. DQ's are to be treated as learning experiences. Even the best swimmers (including Olympic swimmers) get DQ'd on occasion. The referee makes every attempt to let the swimmer know what they did wrong and what the 'rule' is. Our SCS referees are VERY kid friendly so don't worry. In most cases the coach was able to also observe what the swimmer did wrong and will talk to the swimmer about it. Technical corrections will be made in training (but you can always ask your swimmer what they did). Parents are NOT to give the swimmer technical critiques or corrections. When the result sheets come out, every DQ is notated. If there are any questions about the DQ, speak with the coach after practice.

There are only 2 questions parents should be asking their swimmer who DQ'd.

1. *Did you do your best?*
2. *Did you have FUN?*



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DEFINITIONS

- **Age Groups:** Until a swimmer reaches Senior / Sectional / National standards they compete in groups by age. The age groups are: 5-8, 7-10, 11-12, 13-14, 15-18. Time standards for each of these age groups get faster and faster as the swimmer gets older.
- **Automatic Check In:** Meet is pre-seeded and heat and lane assignments are assigned prior to the meet. This is standard for the Senior and above meets. If a swimmer misses or decides not to swim an event there is no 'no show' penalty. Exceptions are the distance races and 'excess' events. Sometimes swimmers are allowed to enter more events than the max number they can swim. The 'excess' events must be scratched. Scratch rules for events that must be scratched are in the meet sheet.
- **B/BB/A/AA/AAA/AAAA** are USA Swimming Motivational time standards. These are time groupings within age groups, within events. Every swimmer begins as No Time (NT). The "time" they get assigns them to a group based on how fast their time was. B times are faster than 'C' times and BB times are faster than B times, etc. These times qualify swimmers for future events. Note: It's entirely possible for a swimmer to have a 'C' time in one event, a 'B' time in another event, a 'BB' time in still another event, etc.
- **Bonus Events:** SCS championship and senior level meets may allow for 'Bonus' events. Bonus events may have no time standards or time standards slightly less than the qualifying times. The meet sheet defines if the meet allows bonus events, the time standards for the bonus events, and how many bonus events are allowed depending on how many qualifying events the swimmer has. The swimmer must qualify for at least one 'A' event to enter bonus events.
- **C Times:** SCS is using the designation 'C' times for swimmers having No Time 'NT' or times slower than 'B' times.
- **DQ - DisQualification:** Every stroke has certain technical 'standards/rules' that must be met in order to ensure fairness and performance. If a swimmer violates one of these 'rules' the referee will "DQ" them. Immediately after the event the referee will let the swimmer know what the DQ was. The coach will let the swimmer know what to do to correct the problem. DQ's are not to be looked upon as a failure, but rather as a learning experience and an opportunity to make technical corrections in training. Even the most experienced, highly ranked swimmers DQ on occasion.
- **Dryland Training:** Dryland training is a "DRY" training done out of the water. It helps a swimmer develop explosive power and flexibility. When it comes to developing explosive power in the water, which is particularly critical for sprinting, dry land contributes more than swim training. However, because of the exquisite sensitivity to increasing frontal drag with small changes in shape, one has to be extremely careful about developing bulk strength. Swimming is a sport where bigger and stronger does not necessarily make one faster. In fact, we often see the opposite. Consequently, most good strength trainers familiar with our sport have evolved into programs focusing on developing swim-specific strength, building the core muscles involved in the correct swimming motions, while largely ignoring the rest. Becoming strong while remaining lean is a key to fast swimming.



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- **H/F:** Heats & Finals (Age group meets). This means there will be preliminary events, usually in the morning, and finals events, usually in the late afternoon/evening. The top 16 times (sometimes only 8) qualify for finals in the evening. Places 9-16 swim in the B-Consolation and places 1-8 swim in the 'A' Final. Swimmers who qualify for the finals have 30 minutes to declare their intent to scratch after the finalists are announced. Otherwise, they are automatically entered.
- **JAG:** June Age Group championships. LCM championship level meet for age group swimmers. Usually held in the middle of June. Time standards are set by SCS
- **LCM** – Long Course Meters: Length of competition lane is 50 meters. This is the same length the Olympic swimmers swim. Long course season begins around April and continues through July. These meets very often are geared towards the more experienced, faster swimmers and are often designated as A/BB/B meets (meaning swimmers competing in these meets must have at least a B time in an event to qualify). Swimmers with a B time in a short course event may use that time to qualify for the long course event and vice versa.
- **Meet Fees:** Every swim meet has meet fees. Fees are per event and usually range from \$3.50 - \$5.50. They may be higher for championship meets. There is also a per swimmer surcharge. These can range from \$5 to \$25 per swimmer depending on the meet. These fees are paid by the team and billed to the family account. Once the swimmer has been entered into events, and these entries have been approved by the coach, the fees are 'non-refundable' whether the swimmer swims the event or not.
- **Meet Sheets:** Every meet creates a meet sheet which contains information about the meet and the events being offered. If there are qualifying times these will also be included. When available they are usually attached to the event or the coach will send them out via e-mail. To locate the meet sheet select the NAME of the meet. It will take you to the meet information page. The meet sheet is a pdf file and it is attached under Forms/Documents. Select it to download.
- **Positive Check-in:** Check in is done at the meet at least 45 minutes before the start of the session.
- **Relays:** : Relay events are usually "deck entered" AT THE MEET. If the meet is running behind they may elect to eliminate the relays. Relays for championship meets are pre-entered. These are the most popular events at any meet. Four (4) swimmers form a 'team' and swim to beat other teams. The kids love to rally around their teammates and cheer them on. **Do NOT leave until you are sure your swimmer is not assigned to a relay team. Always check with the coach before you leave.**
- **SCS Age Group Championships:** These are championship level meets for the age group swimmers. Time standards are set by SCS
- **SCS Age Group Time Standards:** These are times, by age group, by event, that determine qualifying times for Age Group, WAG (Winter Age Group Invite), JAG (June Age Group Invite), SCS Spring and Summer Championship meets. SCS uses the USA Swimming Motivational Time Standards for the regular age group meets. SCS sets the time standards for the WAG, SprAG, JAG, SumAG, SCSAG Elite, Senior Development meets. The SCS time standards and can be found on the SCS web site. www.socalswim.org



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- **SCS Senior Time Standards:** SCS sets the Senior Development Time Standards. Individual Senior level meets set their own time standards.
- **Scratch Rule:** This rule applies to all preliminary / finals swim meets, both age group and senior level. Within a few minutes after the end of the preliminary heats for an event the announcer will announce the swimmers that qualified for the finals and say, “you have 30 minutes to scratch or declare your intent”. If the swimmer does not want to swim the event in finals they must scratch within 30 minutes. If the swimmer does nothing they are automatically entered in the final. If the swimmer still has more events to swim and, depending on the results of their next events, may want to scratch the final they need to tell admin they “may want to scratch the final for the event depending on how they do in their upcoming events”. By the end of the session the swimmer must inform the admin of their decision. NOTE: After each event the ‘preliminary’ results are posted. After 30 minutes the finals results are posted ... UNLESS someone has declared their intention to scratch. In that case, the ‘preliminary’ results will remain posted UNTIL all declarations are cleared. Failure to no-show a final heat will result in the swimmer being disqualified from the rest of the meet. If the no-show event was the last event of the meet the team will be fined.
- **SCY – Short Course Yards:** Length of competition lane is 25 yards. Our pool is SCY. SCY meets are typically at the beginning of the swim season and normally run through Feb-Mar. These meets are geared toward the beginner swimmer and are designed to give the beginner/novice swimmer an opportunity to get times and swim meet experience before moving on to the Long Course faster meets.
- **Senior Meets:** There is no age limit for these meets. Every meet has (very fast) qualifying times and anyone who meets the qualifying times may enter. These meets are usually for the faster swimmers. Senior meets may be sanctioned by an LSC, a Zone (sectionals), or USA Swimming (National meets).
- **Swim Season:** Sept 1 through end of July with senior and above championship meets in August, including the Olympics.
- **Timed Finals:** There are no preliminaries. The event is the final.
- **USA Motivational Time Standards:** These are National (Motivational) time standards published by USA Swimming every 4 years. These time standards are used to rank swimmers nationally by times. SCS uses these time standards for all regular season Age Group Meets.
- **WAG:** Winter Age Group championship. SCS SCY championship level meet for age group swimmers. Usually held around December. Time standards are set by SCS.



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➤ APPENDIX A: PATCHES



Swimming in a meet is the ONLY way to earn PATCHES for parkas.

Patches are given by Stoke by time standard. For example: Once a patch is earned for an 'A' time in the stroke 'Freestyle' the swimmer does not get another regardless of age or distance. But there are 6 levels and 5 strokes. That's a lot of patches.

See USA Swimming Motivational Times

APPENDIX B: Timing Chair How-To's

Purpose of the timing chairs

Most pools have touch pads, however, they have been known to fail. And a lot of the kids either miss the touch pads altogether or don't hit them hard enough to stop the clock. And electronics have been known to fail. When the time a swimmer gets becomes 'official' it is entered into the USA Swimming 'Swims' database and will be with that swimmer forever. For that reason, age group swim meets have multiple back-up systems: pickles and timers with stop watches.

NO CELL PHONES and NO DISTRACTIONS. The kids are counting on you.

Procedures & Responsibilities

Each lane (usually) has 2-3 timing chairs. The chairs have stop watches and a clip board.

There are also 2-3 black wire thing-a-ma-jig's with a button on the end hanging down. These are called "pickles". Pickles are another timing mechanism. They are connected to the timing equipment in the admin area. When the starter goes off the timers start. When the button on the end of the pickle is pushed the timers for that lane stop.

Clipboard: Someone from the host team will come around periodically with a sheet containing the event/ heat/ swimmers for that lane. The person with the clip board gets the sheets. When the event is finished someone will come around to collect those sheets.

It is very important for the person with the clipboard to call out the name of the swimmer about 3 heats before they are to swim to make sure the kids are there, lined up, and ready to swim.

It is also very important for the timer with the clipboard to keep track of which lap the swimmer is on when the race goes for more than 50 yards (SCY) or 100 meters (LCM).

Stop Watch Timers: The stop watches have a start/stop button usually on the right side and a reset button on the left side. Somewhere close to the starter is a pole with a speaker and a light on top. When the



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starting horn sounds the light will flash. Timers should watch the light and when it flashes they push the start/stop button to start the stop watch.

Pickles: When the swimmer is about half way through the last lap all timers need to approach the edge of the pool, get a pickle, and be ready to push the button when the swimmer's hand touches the wall. The stop watch timers also need to push the start/stop button to stop the clock.

End of the Race: The timers with the stop watches tell the timer with the clip board what the time on their watch says and the timer with the clip board writes both times next to the swimmer's name. When the swimmer exits the pool the timer with the clipboard should let the swimmer know what their best stop watch time was. Some kids need to report this to their coach. Most kids like to know if they dropped time.

Fly Overs: In all events except for back stroke and 25 yard events (SCY) or 50 meter events (LCM), swimmers are supposed to stay in the water until the next swimmer leaves the block or 'flies over' the swimmer in the water. The timers need to make sure the swimmer stays in the water until the following heat begins.

In the 25 yard (SCY) or 50 yard (LCM) events, the timers must make sure the swimmers get out of the water so the next heat can start. In these events, the swimmers will be starting from the opposite side of the pool. In that case the starting light is usually on the edge of the pool closest to the swimmers.

Sometimes, when there is a delay in starting a heat the referees will have the swimmers exit the pool. Timers, please assist the referees in getting the kids out of the water.