



Swim Meet Basics

Page 2: [About Swim Meets](#)

[Why Does Club Wolverine Host Swim Meets?](#)

[How to Sign Up For A Swim Meet...](#)

[How to Read the Meet Information](#)

[Who Selects My Swimmer's Events?](#)

[How Can I Check To See What Events My Swimmer Is Entered In?](#)

[Will My Swimmer Be On A Relay?](#)

Page 4: [Planning For A Swim Meet - For Parents](#)

[What To Know Before The Meet](#)

[What To Pack For The Swim Meet](#)

[During the Swim Meet](#)

Page 6: [Planning For A Swim Meet - For Swimmers](#)

[What To Know Before The Meet](#)

[During the Swim Meet](#)

Page 7: [How To Read A Heat Sheet](#)

[What is a Heat Sheet and What Does it say?](#)

[What Are "Events", "Heats", and "Lanes"?](#)

[What is a "Seed Time"?](#)

[Will The Heat Sheet Change?](#)

All about swim meets:

Why Does Club Wolverine Host Swim Meets?

Club Wolverine hosts a variety of different swim meets to serve the needs of our own swimmers and the local swimming community. This is an opportunity for the families to meet and work together to support the swimmers and the team. Each meet that CW hosts provides a high quality competition experience for the swimmers. CW also benefits financially by hosting meets, through meet entry fees, concession sales, etc..

How to Sign Up For A Swim Meet...

1. Sign in to our [Website](#)
2. Scroll down to the “**Team Events**” Section
 - a. Click on your desired event’s “**Attend/Decline**” (or “**Edit Commitment**”) button.
 - i. If those buttons do not appear, the sign up is not yet available.
3. Click the name of your athlete whom you want to attend.
4. Click the **Declaration** dropdown and click **Yes, please sign [Name] up for this event** (or **No, thanks, [Name] will NOT attend this event**, enter any *Notes* you would like your coach to see, and then click **Save Changes**).
5. Select which days and sessions your athlete will attend and a coach will then pick which events your athlete will enter.
 - a. You may click a day/session button to see what events are scheduled.
6. When finished, click **Save Changes**.
7. Repeat for all other athletes you may have.

How to Read the Meet Information

When you click on a swim meet on our website, you will typically see a link to the Meet Information. Everything you may need to know about a swim meet can be found in the meet information. Typically, it’s more information than most families need to know, most of the info is used by the coaching staff, but regardless anything you may need to find will be in there such as the location of a meet, the dates, what events are on specific days, the cost of each event, etc. If you can’t find what you are looking for within the meet information, feel free to email your coach and they will be able to answer any questions you may have.

Who Selects My Swimmer's Events?

Once signed up, your child's coach will select the appropriate events for them to swim. At a younger age, we try to enter them in as many events as we can to mix up what events they swim at each meet.

Special requests can be made in the "NOTES" section when signing up for the meet. As the swimmers get older, they will normally work directly with their coach on their meet entries.

How Can I Check To See What Events My Swimmer Is Entered In?

Once your child's coach has entered them into a meet, you can access their events online. You follow the same process as committing to a meet and your child's events will be listed once the coaches have entered their events.

Will My Swimmer Be On A Relay?

Not all swim meets will offer relays, but for those that do, relays will be determined at the meet by the coaching staff. Everyone in the meet is eligible for a relay and 99% of the time we form the strongest team possible. There may be occasions where we try to divide up swimmers to make relays equal or allow new or different swimmers on relays, depending on the meet. Relays are double points at a meet and are the only "team" effort swimming has, so they are very important and a lot of fun. Coaches will use previous times, current meet performance and even a "gut" feeling at times to decide on the relay swimmers. Much like a basketball coach must decide who to play in different situations, swim coaches may decide who to swim in different situations, and that plan can always change. A few things to consider;

1. **Relay Events First at a Meet** – If the relay event is first after warm-up, the staff will be working on line-ups during that time. If a swimmer is not at warm-up or shows up after the relays are finalized, they may lose their spot. We cannot place a swimmer on a relay who isn't there. If you will be late to warm-ups please notify your coach prior to the meet.
2. **Relay Events Last at a Meet** – Please make sure to check the relay line-ups prior to leaving the meet, there is nothing worse than three swimmers waiting around for a relay, to find out their teammate has left for the day. If you cannot stay please notify the coaches at the beginning of the day.
3. **If your swimmer thinks they should be on a relay and are not** – Please have them discuss this with the coaches ASAP! After a relay is swum, it's over and nothing can be changed.

Planning For A Swim Meet - For Parents

What To Know Before The Meet

1. Plan on arriving 30 minutes before the start of warmups. The start times can be found in the meet information on our website, and will be communicated ahead of time by our coaches. All swimmers are expected to attend warm ups.
2. Spectator seating at swim meets are mostly in bleachers. Unless you are working or volunteering at the meet, we want all parents and spectators to stay in the stands.
3. We would like for our swimmers to sit with their teammates rather than their parents. Please plan to have your swimmers sit with their teammates.
4. If you want to take pictures during the meet, keep in mind that the flash interferes with the timing and starting equipment so your flash must be off during the start of every race.
5. Make sure your swimmers know to talk to their coach before and after every race. They have all been told to do this at practice, but one more reminder will not hurt.
 - a. The swimmers will get feedback from their coaches after every race. The feedback will relate to what we've been working on in practice, but won't always address everything that needs improvement.
6. Encourage your swimmers to have fun and think about what the coaches are asking them to focus on during their races!

What To Pack For The Swim Meet

1. Swimmers need to stay hydrated and eat during meets. Water bottles or sports drinks are necessary. Pack healthy snacks with quality carbohydrates.
2. It can get very warm and humid at indoor swim meets for spectators, but the swimmers typically get cold sitting on deck between races. Your swimmer should have warm clothes to wear in between their events. Swimmers typically require a few towels every session to get them through a swim meet.
3. We are a TYR sponsored team and would prefer to have our swimmers wearing our team suit. I recommend packing an extra pair of goggles for your swimmer during the meet in case they break.

During the Swim Meet

1. Heat Sheets are typically available for purchase at the meet or at some meets you are able to download them online to print before the meet or to pull up on your phone at the pool. Heat sheets list the individual swim events, the participants in each event, what heat they are in, what lane each swimmer will occupy, and what his/her previous best time swimming in that event was. To keep track of when your child is swimming, going through the heat sheet and highlighting each of your swimmers events can be useful.

2. Be prepared in case you hear that your swimmer has “DQ’ed”: disqualified. The people you see walking around the pool with clipboards wearing white shirts are swim meet officials. One of their jobs is to make sure the swimmers follow the rules. Hearing that they have DQ’ed can be really tough news, especially for a new swimmer.
 - a. If your swimmer does get disqualified: Coaches will address the problem with the swimmer and begin taking steps to fix it during practice. It is not the end of the world if your swimmer is disqualified; it is a learning opportunity. Please do not approach any of the officials during the meet. Any questions should be directed to your child’s coach at the end of the session or before/after practice.
3. You can check what place your child achieved in an event by checking the event results which are often posted in the hallway on the wall after events, or by downloading the app “Meet Mobile”. Meet mobile is a resource to make results available more quickly, but the results are not always official (you may see results change as timing issues get resolved / disqualifications get added into the meet management program).
4. We want you to cheer for our CW swimmers, but please make sure you are quiet for the start of each race.

Planning For A Swim Meet - For Swimmers

What To Know Before The Meet

1. Please be on time for warm up (30 minutes early). There are usually assigned lanes and times for warm-ups. If you are late, you may not have an opportunity to warm up before your race. All swimmers need to be at warm ups.
 - a. Some meets require swimmers to “Check-In” when they arrive at the pool prior to warm up. Swimmers will be asked to highlight their name on the check-in sheet, which can usually be found near the entrance of the facility.
2. The best way for your younger swimmers to keep track of their events is to write on themselves or on a note card. Most swimmers write on their hands or their arms. You can do this at home before you come to the meet if the heat sheet is available before the meet, or bring a sharpie marker and write out your events at the pool. Below is a grid example of what your child can have on their arm. It should include their event, the heat, the lane and the stroke/distance that they are swimming.

Event	Heat	Lane	Race
#22	3	4	50 Free
#30	1	7	100 Back
#38	2	3	50 Breast

3. Plan to sit with your teammates, rather than your parents.
4. We want you to cheer for your teammates, but please make sure you are quiet for the start of each race.

During the Swim Meet

1. If you need help or if you are confused, make sure to ask one of your coaches!! We are here to help.
2. If you miss a race, don't panic. Go to the starter and let them know you missed your race. In most scenarios, they will be able to get you into a different heat so you can swim your race.
3. Come talk to your coach before and after each race to get tips and feedback.
4. Have fun and try to think about what you've been learning and working on in practice!

How To Read A Heat Sheet

What is a Heat Sheet and What Does it say?

The Heat Sheet is a program that shows all the participating swimmers and what events they will participate in as well as the heat number and lane number. The announcer will say the event and heat number and there is also an electronic scoreboard with this information at the top.

What Are “Events”, “Heats”, and “Lanes”?

- **Event Number:** Each race at the meet has an assigned event number. Girls events are usually odd numbered (ex. Event #11 - Girls 11-12 100 IM), and boys events are usually even numbered (ex. Event #12 - Boys 11-12 100 IM). Within each event, there will likely be multiple **HEATS** of that specific race.
- **Heat Number:** In each of the events, there are **HEATS**. Each heat has 8 swimmers - depending on the size of the pool. At most meets, heats will be organized slowest to fastest, based on each swimmer's seed time.
- **Lane Number:** This will tell you which lane your swimmer is scheduled to race in.

What is a “Seed Time”?

Once a swimmer participates legally in an event, they will have a "**seed time**" for the next meet. Swimmers are placed in heats and lanes according to their seed times, typically fastest to slowest. If they have not legally completed a race, the heat sheet will say “NT”, designating that the swimmer does not have an official time in that event.

Will The Heat Sheet Change?

Changes to the timeline may be made the morning of the meet. The officials may "combine" races to speed up the meet. For example, if we have 3 girls swimming 25 Fly in the 8 & Under age group and 2 boys -- we may combine them into one heat to save time. The announcer will say if heats are combined and coaches will let the swimmers know if any adjustments are made.

If a race has been “Re-Seeded”, the heats and lanes for that event have changed, and swimmers will need to check the “Re-Seeded” heat sheet for their new heat and lane.