

# SWIM TEAM 101

## Swim Meet Information

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### When and Where?

We have 6 Monday meets and a Championship meet this season. All of our Monday meets are at HHCC. There is one meet per week. The Championship meet is a two-day meet held at the Christiansburg Aquatic Center.

### What time do they start?

Monday meets start at 6 PM. Warm ups typically begin at 5 PM. Coaches will ask swimmers to arrive around 4:45 PM to find their coaches, get set up, and figure out their events prior to warm ups starting.

### What age group is my child in?

The age your child is on June 1st will determine his/her "age group." They will remain in this same age group for the entire season, regardless of whether they celebrate a birthday during the season.

### How long do they last and do we need to stay for the whole meet?

Depending on the size of the teams competing, meets last about 2 hours. Hunting Hills Country Club is one of the larger teams in the league. You are free to leave once your swimmer finishes their events, but you **MUST** check with the coaching staff to be sure they are not entered in later events or relays before you leave.

### What do we need to bring?

The 4 basics– swimsuit, goggles, swim cap, and a towel. Sunscreen is recommended. Loungers and deck chairs will be set up, but due to crowd size, may not always be available, so we encourage you to bring your own chairs. The Snack Shack will have concessions available at all meets. The pool is **NOT** open for recreational swimming during meets.

### How will I know what events my child is swimming?

A heat sheet will be available and distributed via a TeamUnify email for your review before arriving at the meet. We encourage arm (or leg) markings on each swimmer with event information (see below).

### Where do we sit at meets?

The team will sit in the “Hound Dog Zone” which is the grassy area at the starting end of the pool. Parents are welcome to join the team or sit in other areas around the pool. We encourage games (card games, waterproof toys, etc.) to keep their attention. Coaches or Clerk of Course volunteers will assist swimmers from the team area to the start line before their events. A child sitting elsewhere can easily miss their event, so we encourage parents to help their children return to the Hound Dog Zone after their events, getting food, etc.

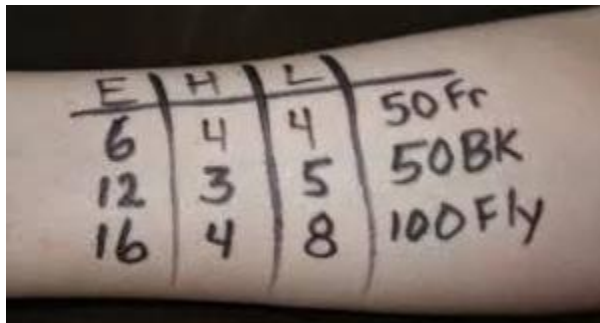
### Why is my child swimming with older children?

Sometimes a child will swim “up” in age group to fill an empty spot in an older relay or event. Children are allowed to swim up in age, but never down. It is not common but does occasionally happen.

### What happens during a thunderstorm at a meet?

In the event of a thunderstorm, a meet may be temporarily delayed or rescheduled. Families will be asked to clear the pool deck and return to their cars until it is safe to restart the meet. If it is not safe to return to the meet, the meet will be rescheduled for another evening.

### Event Arm Marking Example



Use a sharpie or waterproof marker to write the event, heat, and lane on your child’s arm before the meet.

E = Event

H = Heat

L = Lane