

SWIM MEET SURVIVAL GUIDE

We STRONGLY encourage each swimmer to participate in swim meets, however, it is not mandatory.

Pre-Meet Preparation

1. Check the Aquahawk website for updated information, directions, schedule of events, etc prior to the meet.
2. Meet Entries will be posted online of what events you signed your swimmer up for as well as what relay(s) the coaches has entered them in. If you know your child is showing up late to the meet or has to leave early you must let the Head Coach know so he does not place your child on a relay. If your child does not show up for the relay then the 3 other swimmers on that are on your child's relay are not able to swim.
3. Please make sure your swimmer writes down the event # and event name on their hand before the meet. Swimmers need to know the event # they are racing in so they can watch for the clerk of course to call their event #.

Day of Meet

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins.
2. Wear Aquahawk swim team apparel/clothing if available or our team colors.
3. Wear/ bring team suit for races.
4. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces.
5. Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions.

Warm-ups

- It is very important to do a proper meet warm-up. Don't cut corners here!
- Locate proper lane for team.
- Swimmers will do one or two starts. If swimming backstroke, do a backstroke start especially if at an away meet.
- Backstrokers should also get a stroke count from the flags to the wall at race pace.

After warm-up, your swimmer will go back to the area where his/her towels are and sit there until their event is called. Swimmers need to bring warm clothes to wear in the team area as it is usually cold.

6. Meet Programs are available to purchase at meets which will have the event # and what heat and lane your swimmer will be in for each event. A program is usually available for sale in the lobby or concession area of the pool. The meet program will also have the swimmers in each event in order of "seed time". When the team entry is sent in by the head coach, each swimmer and his/her previous best time 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 first heats of the event.

Meet Starts

It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand). He/she may swim right away after warm-up or they may have to wait awhile.

A swimmer's event number will be posted and he/she will be asked to report to the "clerk of course". Swimmers should report with his/her cap and goggle. Generally, girls events are odd numbered and boys events are even-numbered. Example: "Event #26, 10-Under Boys, 50 freestyle, report to Clerk of Course."

Clerk of Course

- The clerk of course will have a board with event numbers to organize swimmers for each event.
- Swimmers need to report to this area when his/her event number is shown.
- **Each swimmer is responsible for getting to the "Clerk of Course" for each event. Listen/ watch carefully so as to NOT MISS A RACE.**

Some, but not all meet hosts will provide a "Clerk of Course." The people running the "Clerk of Course" will usually line up all the swimmers and take them down to the pool in correct order. **SWIMMERS MUST BE QUIET IN THE CLERK OF COURSE AREA** to help the people running the clerk of course.

If there is no clerk of course it is the swimmer's sole responsibility to report to the pool and get lined up behind the correct lane prior to his or her race. Make sure you read the meet information to find out if there will be a clerk of course or not!!!

After each swim

He/she is to ask the timers (people behind the blocks) his or her time. Sometimes the scoreboard time is not correct and stopwatch and back up times will be used. The final time will be posted in the results outside the pool area. All questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels.

Also, after each race the swimmer should go immediately to their coach. The coach will discuss the swim with each swimmer on stroke technique, times, splits, etc.

When a swimmer has completed all of his/her events he/she and their parents get to go home. Make sure you check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and he/she is not there.

Awards

Swimmers that participated in swim meets will receive a ribbon (or medal) for each event. Some meets do not provide participant ribbons and only ribbons for a certain amount of places (usually 1st-8th place receive a ribbon). All awards will be placed in the swim team family file folders located on the pool deck. It can take a couple days for our team to receive the awards from an away meet.

Results

Meet Results will be posted outside the team area. Results will also be posted online on our team website after the meet is over as soon as possible (this may take 2-3 days). Results are emailed to the head coach from any away team hosts by no later than Wed. following a meet and the coach will post these results online as soon as possible.

If next to the swimmers time it is listed as "ST-Q" that means your swimmer has achieved a State Qualifying time. **HOWEVER**, only State qualifying times can be achieved at the Sectionals meet. But, if your swimmer achieves a Regional qualifying time "REG-Q" at any meet for the season (summer times can be used for MYAS) then they can compete at the Regionals meet. Please go online to our team website to find links on these meets.

If next to the swimmers time it is listed as "DQ" this means the swimmers was disqualified from the race. A disqualification means the swimmer is not eligible for medal/ ribbon placement and the time will not be valid. Swimmers may be disqualified "DQ'ed" from a race for a number of reasons. During a race, this includes improper stroke technique, false start, improper turns, or other rule infractions.

DISQUALIFICATIONS

FREESTYLE

- Also known as the front crawl. The chances of getting disqualified in a freestyle race is very slim.

BACKSTROKE

- When doing a backstroke flip turn you are only allowed one arm stroke once you turn over to your stomach.
- You **MUST** stay on your back, all the way to the wall, if you choose not to do a flip turn and also stay on your back until you hit the wall for the finish...if you finish on your stomach you will get disqualified.

BREASTSTROKE

- Both legs have to do the same breaststroke kick....many kids have one foot flexed and the other foot pointed while kicking or one knee is in and the other is out. Both legs have to look exactly alike as you kick, doing only the “whip” kick.
- You must touch with two hands at the same time on the turn and also on the finish.
- Most common stroke to get disqualified in.

BUTTERFLY

- You must touch with two hands at the same time on the fly turn and on the finish.
- Both legs have to be doing dolphin kick...if ankles come apart and resemble any sort of flutter kick....you can be disqualified.

INDIVIDUAL MEDLEY (IM)

- Swimmers may get disqualified for any of the above stroke problems.
- Swimmers are NOT allowed to do a backstroke flip turn into the breaststroke while competing in the 100 IM.

RELAYS

- The relay can be disqualified for any of the above.
- The relay can be disqualified if one or more swimmers TOES leave the blocks before the previous swimmer has touched the wall with their fingertips.

Starts

The official will blow one long whistle and this signals the swimmers to get up on the blocks or get in the pool for backstroke. The official will then say the command “take your mark.” It is important that all swimmers come down to the starting position together – there should be no delay due to goggle adjustment/cap etc. Once in the “starting” position the swimmer has to be completely still prior to the horn start – there can be NO movement! The horn will go off and the swimmer dives in and begins their race. If there was any flinching or movement just prior to the horn the swimmer can get disqualified from this event and therefore whatever time they swam or whatever place they received would not count.

Turns and finishes

Freestyle: feet have to touch the wall

Backstroke: swimmers have to be on their back when they touch the wall. After he/she touches, he/she can then turn around, but he/she must push off on their back. At the finish a swimmer must finish on his/her back. A swimmer may not roll over and grab the wall until they have first touched it.

Breaststroke and Butterfly: Swimmers have to touch with both hands at the same time. A swimmer may not freestyle kick off the wall in either breaststroke or butterfly. When swimming butterfly, both arms must move at the same time making the same simultaneous motion.