



BLST Team/Competition/Practice FAQs:



How do I get email correspondence?

Every swim family has ONE main account to log into our BLST team [site](#). This is the main account holder. You must be logged into the team site with this email/password in order to sign up for events, see billing and account info, BLST policies, board minutes/scheduled meetings, equipment lists. Under 'My Account' you have the option to add up to 3 'Alternate' emails to receive communication sent by email. Once you have added the email address, click to 'verify' the email address(es), then validate from your email.

Which meets should my swimmer attend?

On our team site, under 'Events,' you will find all meets in our BLST schedule. Each event will show what ages/groups can attend. For example 'Open-All Athletes can attend' or '13&Over SENIOR/ELITE ONLY,' 'Qualifiers Only' etc.

How often should my swimmer participate in meets?

We would like all BLST swimmers to sign up for any team hosted meets! Beyond team hosted meets, Age group swimmers can utilize racing opportunities as often as your schedule allows, as getting them comfortable in this environment is important. Our coaches would like our Senior groups to race once a month. As they get older their training becomes more important, so competing in every meet is not as beneficial at this age.

How do I sign up for a meet?

Log into our team site. Scroll down to Events. Click the Event, Click Attend/Decline, Click the Swimmers name you would like to enter the meet. Toggle under Declaration and click Yes, Please sign (name) up for this event.

****IMPORTANT**** When declaring your swimmer for a specific meet: If they are unable to attend all sessions/days, please ensure you provide this information in the "Notes" section. E.g. John can only attend Saturday or John can attend all sessions except Sunday.

What is a Meet Invite?

A Meet Invite is the official documentation listing everything we need to know about the swim meet: Host, Pool Location, Meet dates, Rules, Tentative Session Times, Tentative Warm up Times, Entry Requirements, Entry Fees, Scoring/Awards/Points, Event listing, and other meet specific information. As soon as the meet host submits the Meet Invite to our team, we'll upload it to our team site.

How do I know when my swimmer swims?

The Meet Invite will show a breakdown of sessions for the swim meet. Examples of sessions: 8&U (8 and Under), 10&U (10 and Under), 12&U (12 and Under), 11&O (11 and Over), 13&O (13 and Over), 15&O (15 and Over). To find the meet specific age group sessions, please

reference the Meet Invite. Typically, 1-3 days prior to the meet, the team Host, will publish a TENTATIVE timeline. This timeline is NOT official and is only a guide for the estimated time an event will start.

What is a Host landing page?

A Host landing page is the hosted team's website. You will do a simple google search for the hosted team. Normally their hosted meets will be on their Home page.

What is a Psych Sheet?

A Psych Sheet is a list of all swimmers, per event, ranked by their seed times. This is usually posted on the Host landing page 5 days prior to a meet.

What is a Heat Sheet?

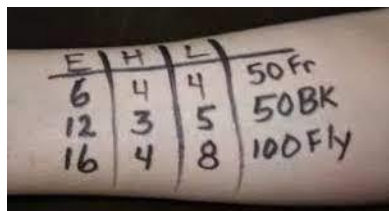
A Heat Sheet (also known as a Meet Program), lists all events, swimmers and their lane assignments for a swim meet. This is usually posted on the Host landing page 1-2 days prior to a meet.

How do I know when to bring my swimmer to the meet?

Once our coaching staff receives warm up assignments from the team host, an email will be sent out to all participating BLST swimmers- usually 1-3 days prior to the meet. Included, the coach will relay: On Deck time, Stretching Time, Warmup Time, Meet Start Time along with what BLST shirt the swimmer should wear for the day. If timelines and heat sheets are provided by the team host, our coaches will also link this in their email communication.

What should swimmers bring to a meet?

Swimmers should bring: assigned BLST team shirt (daily), BLST team suit, BLST swim cap, goggles (a backup pair is preferred in case one breaks), a towel (some swimmers prefer 2 towels), healthy snacks, water bottles, entertainment (books, coloring pages, uno, etc.). Some swimmers bring their parka or warmup BLST jacket and shorts. Swimmers should arrive with their arm/hand or leg marked up with their Event, Heat, Lane (in sharpie):



What if my swimmers cap is misplaced or tears?

Coaches will have extra caps on hand at meets- a \$10 fee will be added to your account.

What should parents bring to a meet?

Heat sheet/Meet Program to follow along and cheer on our team. A seat cushion/bleacher chair, snacks/lunch, entertainment, money if you'd like concessions, a good cheering voice.

What does 'NT' after my swimmer's name mean?

'NT' stands for NO Time. An NT after your swimmer's name in the heat sheet/meet program indicates that they haven't swum this particular race and they don't have a time for it.

Does my swimmer need to have a time established for all events?

As a club, we strive to create well rounded swimmers. Our coaches will encourage swimmers to step out of their comfort zone to try events that may not be their favorite. Because of this leadership, most times a swimmer's strongest events can change by season creating a more developed swimmer.

Why did my swimmer get a DQ?

DQs happen- to beginner and even sometimes veteran swimmers. At practice, following a meet, Coaches will gather the Age group swimmers and discuss any DQs as a group, going over any corrections or specifics regarding the DQ slips received. At this age they will not single swimmers out. If the DQ was not obvious, and a parent is unsure why their swimmer was DQ'd you can certainly reach out to a Coach before or after practice, or ask a board member and if we have the DQ slip we will relay the reasoning. As swimmers get older, those discussions are more detailed and one on one.

How do I know what size of suit my swimmer needs?

Most swim brands will include a size chart, but unfortunately, none are completely accurate. Suits should fit nice and snug to the body but not be uncomfortable. A3, our premier partner, does offer a size guide and a 'calculate my size' option on their site. Coach Melissa will pass out suits ordered at a practice and will also have some options to try on if needed.

Is there an admission cost for spectators?

Admission fees are only applicable for spectators at Championship meets – State, Zones, Futures, Speedos, etc. All other meets are free to spectators.

What is the best way to step in and volunteer?

A veteran swim parent suggested timing for the older swimmers for the first time if you are nervous. The older kids know what they are doing and very seldom would have a soft touch. However, timing in general is a great way to step in. A timers meeting will take place before the meet to ensure everyone is comfortable and it's a front row seat to see your swimmer. The concession area is another great way to step in. Our concession area is right outside the glass doors to the pool of Holmes and right in front of the pool at Sizzler, so you can still catch your swimmers' races. Set up and tear down are always such a big help- especially at Sizzler! More info will be provided to our members as we get closer to hosted meets.

How do I sign up to volunteer?

Just like signing up for swim meets- we will have an event listed 'job sign up' as our hosted meet gets closer. It will have a listing of volunteer jobs/hours and you can pick what works best for you.

What is SE Motion?

SE Motion is a free app that links your sportsengine / team (previously named team unify) account. Lots of helpful information and you can see your swimmer(s) best times, times per meet location, etc. However, those times are not instantaneous like MeetMobile.

What is MeetMobile?

MeetMobile is a paid app. However, very worth it! You can 'star' your swimmer and their times will be sent straight to you as they swim at their meet. You can search any sanctioned meet- so you can even follow Olympians at their meets and see how they are doing.

Will weather delay or cancel practice?

Weather impacts to indoor practices are rare, however can occur during winter weather. During Long Course season when practices are held outdoors, if practices cannot be held at the Falls we will practice at Peet at the same practice times. We track weather very closely and will communicate any changes via email/ OnDeck app.

How can we get BLST gear?

[A3](#) is a sponsor of BLST. You can click the hyperlink or click the A3 logo we have on our homepage to see BLST practice equipment, meet warm ups, shorts, parkas, sweatshirts etc. Shirts and other apparel are only offered once a season; however, our hosted meets will always offer a 'meet shirt' for purchase.

What is the difference between Short Course and Long Course?

SCY stands for Short Course Yards- which is a 25 yard pool. LCM stands for Long Course Meters- which is a 50 meter pool. Our Short Course season runs from Sep-Feb and our Long Course season runs from April-July. However, our practices will continue to be held in a short course pool until the Falls Aquatic Center is open for the summer, usually the first week of June.

Where do I locate qualifying times?

If a meet has a Q time requirement you can reference the meet invite for that specific meet. For State Championship Q times: From the Iowa Swimming LSC homepage click the link for 'year' Iowa Swimming Championship Qualifying Standards. This will show male and female qualifying times by age broken out by SCY (short course yards), SCM (short course meters), LCM (long course meters). *BLST will rarely attend a SCM meet. A swimmer will need to obtain the qualifying SCY time at a SCY pool or obtain the qualifying LCM time at a LCM pool. However, when a swimmer qualifies for State with a short course yards time, they are automatically qualified to compete in a long course State championship, even though they may not have the long course qualifying cut. For example, if John achieves a short course yards 50 free but has yet to achieve the long course Q, John will still be able to attend Long Course State Championship, but will be seeded according to his short course yards cut.

What if my swimmer ages up during a meet?

Swimmer's age for a meet is based on their age on the FIRST day of the meet. For example, John is attending a 3 day meet, and he turns 13 the second day of the meet, John will swim in the 12 and under category the entire meet. However, if John turns 13 the first day of the meet, he will swim in the 13/14 category.

Why can't my swimmer enter into a Regionals meet with an event they have a State qualifying time for?

Regionals is considered a 'last chance meet' for swimmers who have not achieved a State qualifying time. If a swimmer has a State cut in the 50 free, they can not swim the 50 free at Regionals as a personal event or in a relay. However, if a swimmer ages up in between Regionals and State, they have the opportunity to swim that event at Regionals in order to get the next age groups cut. For example, John is 12 years of age during a Regionals meet and he has an 11/12 cut in the 50 free. John ages up before State. He can swim the 50 free at Regionals in order to try and obtain the 13/14 cut in the 50 free. You will see a + by their name on the heat sheet, however, they do not place in this event at Regionals.

How do I become an official?

[Iowa Swimming Officials - Become an Official \(teamunify.com\)](https://teamunify.com)

Click the link to find out information about becoming an official or feel free to reach out to a board member, or deck ref at an upcoming meet!