

# Meet FAQ:

## Which meets should my swimmer attend?

If you go to the Meets document, Jamie spells out which meets she would like you to attend and which meets she expects you to attend.

## How do I sign up for a meet?

If you go to the Meets document, Jamie explains how to sign up for a meet as well as how to let her know that you won't be attending a meet.

## How do I know where the meet is held?

You look at the official Meet Announcement for that particular meet. Usually the location can be found on the first page.

## What is a Meet Announcement?

A Meet Announcement is the official documentation listing everything that is going to go on at a swim meet. The Meet Announcement is what each team submits to ISI (Iowa Swimming, Inc, - the governing body for most swim teams in Iowa) to ensure the rules will be followed and that the swimmer's times will be accepted into the national data base.

## How do I know when my swimmer swims?

Swim meets are typically broken into sessions. There may be a morning session, and afternoon session, and/or an evening session. This is to ensure that swimmers don't have to spend more than 4 hours at time waiting to swim their events. Typically, the different sessions along with their start times and event listing can be found at the very back of a Meet Announcement. As the meet date gets closer, most teams will publish a TENTATIVE timeline. This timeline is NOT official, but it stands as a guide as to when a swimmer will swim their race.

## When should I bring my swimmer for a meet?

Jamie will send out an email typically on the Wednesday prior to a meet dictating what time she wants the swimmers to be walking on deck, what time they will be stretching at and what time warmups are to start.

## What do I need to bring to a swim meet?

You need to bring comfortable clothing. Pool environments are often warm/hot. You will probably want to bring a cooler of food and drink. You'll want to bring a pen, highlighter, and a sharpie. An you'll want to bring something to occupy your time while you wait for your swimmer to compete.

## What does my swimmer need to bring to a swim meet?

Your swimmer will need their suit, their BLAST cap (if they use a cap), their goggles, and at least three towels. They will probably want a blanket to sit on (one that can get wet or they can use an extra towel). They will need to bring something to pass the time when they are not swimming – cards, electronic games, small toys, games, books, etc. And they will need food and drink. And it needs to be 'healthy' food and drink. If it's not 'healthy', then Jamie reserves the right to take their food away with no

guarantee of returning it. Examples of 'healthy' foods and drink: water, Gatorade/Powerade, juices, milk (but not recommended), fruits, vegetables, granola bars (as long as they are NOT completely dipped in chocolate), cheese, meats, pbj, pretzels, yogurt. Examples of items Jamie will take away: fried fast food (Subway/Jimmy John's/Pita Pit are all acceptable), desserts (brownies, cookies, cake), sugar/candy, most fruit snacks, chocolate covered anything, soda, milk shakes.

### What do we do when we get to a meet?

The first thing you do when you get to a meet, is find a spot to sit. If it's a home meet, Jamie will want the swimmers to sit down on deck and the parents to sit up in the stands or be volunteering with the running of the meet. After that you, should 'mark' your swimmer. Jamie should have sent out a listing with each swimmer's name and what events they are swimming. It is your job to write on your swimmer's arm (or other body part) their event numbers, their heat number, and their lane number. (see How do I know what to mark on my swimmer's hand?) Then you find the BLAST coach to let them know you have arrived.

### How do I know what to mark on my swimmer's hand?

You are marking your swimmer's events, heats and lanes. Jamie will send out a listing of swimmers and what events they are swimming usually by the Wednesday prior to a meet. You will want to either purchase or print a meet program (some teams have a program fee built into their fees and will post the meet program on their web site). Since there are only 6-8 lanes in a pool, only 6-8 swimmers can swim at a time. Those 'groups' of swimmers in the water racing at the same time are called 'heats'. If there are 38 swimmers entered into one event, and there are only 6 lanes, that particular event will have 7 heats. Typically, the heats are swum with the slowest swimmers in the first heats. You will find your swimmers heat and lane assignments in the meet program by looking under their event number. The markings on a typical hand of a swimmer would like this and be read as, "The swimmer is swimming in: event number 2, heat 3, lane 6, which is the 50 backstroke; event number 12, heat 2, lane 4, which is the 50 breaststroke; event number 18, heat 4, lane 4, which is the 100 freestyle; and event 36, heat 1, lane 2, and they are on a relay"

<u>E</u>	<u>H</u>	<u>L</u>
2	3	6 (50back)
12	2	4 (50br)
18	4	4 (100fr)
36	1	2 (relay)

### What is a Meet Program/Heat Sheet?

The Meet Program, also called a Heat Sheet, is the listing of events and swimmers telling which heat and lanes those swimmers are assigned to.

### How does my swimmer get to their race?

Swimmers are expected to go and talk to a coach at least one event prior to their events. They should have their cap and goggles with them. The coach will remind the swimmer of what they need to work on in order to swim their fastest and confirm their heat and lane. The swimmer will then walk to their lane's starting block. Swim their race, and then return immediately to their coach. The coach and the swimmer

will discuss the race, and then the swimmer is excused to go talk to their family, get something to eat/drink, and/or go hang out.

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

An NT after your swimmer's name in the meet program indicates that they haven't swum this particular race and they don't have time for it (No Time, is what the NT stands for).

#### What do we do during a meet?

If we are at a home meet, parents are highly encouraged to help volunteer as much as possible. It takes numerous volunteers to put on a swim meet. If we aren't at a home swim meet, they you can stay in the stands and watch some more swimming or you can find a spot in the facility to 'camp out' and lounge around. And as long as your swimmer talks to a coach before and after their races, a swimmer is free to do as they so choose provided they are not engaging in physical activity and are behaving themselves.

#### When can we leave the meet?

The simplest answer is that you may leave the meet after your swimmer's last event. Under no circumstances should a swimmer leave before they have swum their last event. Once a swimmer has swum their last expected event, they are to check in with their coach to make sure that they haven't been added to any additional events – like a relay. Once the coach gives the ok, a swimmer can leave the facility.

#### Do spectators have to pay?

The only meets that spectators need to pay at are the Championship meets – Silvers, State, Zones, Futures, Speedos, etc. All other meets are free to spectators.