



Swim Meet Basics

Types of swim meets:

- Dual/tri meet: a smaller meet with only 2-3 teams attending
- Invitational: usually a larger meet with several teams attending
- Championship meet: an end of season meet, usually with required qualifying times to attend. We are both a USA Swimming and a YMCA swim team, so there are several championship meets. These qualifying times are on our website or posted in the swim team office.

What to bring to a meet: Team swim cap, goggles, and swimsuit (an extra of each of these is a great idea in case one rips or breaks), several towels, a sweatshirt and sweatpants or a parka in case the team area is cold (some kids even like a winter hat if they get cold easily), water or electrolyte drink, easy-to-digest snacks, a blanket and/or folding chairs (to sit on at larger meets if the team area is not in the pool area), toys or games to keep the kids entertained (think of group options, since this is a great time for swimmers to get to know their team members), and a marker to write events on their arm.

Volunteering: Every meet is run by volunteers, so volunteering to help is extremely important in order for the meet to proceed. There are many different positions available, and competitive swimming experience is not required. This is a great way to get to know other parents on the team, and often the best view of your swimmer in the pool!

Meet Fees: These are fees charged by the team hosting the meet, usually a few dollars per event. You can stop by the front desk of the Sage Y to pay your swimmer's meet fees the week of the meet.

Before the Meet Starts

- Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will often be listed in the meet packet in the Team Events tab on TeamUnify, or emailed to you the week of the meet.

- Upon arrival, find a place to put your swimmer's blankets, swim bags and/or chairs. The team all sits together at larger meets, so look for some familiar faces! If it is a smaller meet, your swimmer will be on the deck with their teammates, and any parents who are not volunteering will be sitting in the stands.
- Make sure your swimmer checks in with his or her coach! Check-in is required so that the people running the meet know who is actually at the meet. After check-in, the meet administrators "seed" the swimmers into heats. Heat and lane assignments will often be posted in the team area, can be found in the MeetMobile app, or from the coaches.
- Once heat sheets are available, write each event, heat and lane number on your swimmer's arm. Be sure to check the heat sheet for relays since those are often not listed in the MeetMobile app.
- Your swimmer now gets their cap and goggles and reports to the coach for warmup instructions. It is very important for all swimmers to warm up with the team.
- After warm up, your swimmer will go back to the area where the team is sitting and wait there until their first event is called. This is a good time to make sure they go to the bathroom if necessary, get a drink or snack, and dry off/get warm.
- The meet will usually start about 10-15 minutes after warm-ups are over. Your swimmer may swim right away after warmups or there may be a wait until their first event.
- According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. All questions concerning meet results, an officiating call, or the conduct of a meet should be referred to a coach. He or she will pursue the matter through the proper channels.

During the meet

- A swimmer usually reports directly to his/her lane for competition 3-4 heats before they swim. At some meets, there is a "bullpen" for the youngest swimmers, where they are lined up and taken directly to their lane by a volunteer.
- After each swim the swimmer should go immediately to the coaches. The coaches will discuss the swim with each swimmer, give them positive comments, discuss anything that went well or not so well, and give stroke technique feedback. We will limit the amount of feedback to the amount the swimmer can absorb at one time, and make notes of the rest to work on more extensively during practice.
- Things you, as a parent, can do after each swim: give positive feedback and take them back to the team area to relax, get warm and dry.

- The swimmer now waits until their next event. It is encouraged for them to cheer for their teammates' events as much as possible! When they have completed all their events, they can go home. **Please check with the coach before leaving to make sure your swimmer is not included on a relay.
- Results are usually posted somewhere in the facility, and in the MeetMobile app. Awards are given to the coach at the end of the meet. The awards will be placed in your swimmer's mailbox on the upper floor of our pool area at a later time.