

How To:



SWIM MEETS

Registering for a Meet

This can be done on the ISC website or Download the Sports Engine Motion App

Sign in with same credentials you used to register your swimmer

Scroll down to your swimmers name under my attendance- Click on view all

At the top menu bar scroll over to future meets

Click on the meet you would like to enter your swimmer in (if you are unsure what to enter them in check with their coach)

Read the meet letter (under Forms/Documents). Meets cost money so be aware of this. The club pays for all swimmers to enter the meet upfront and then you will receive a bill after the meet to your Team Unify account

Click attend/decline, tap you swimmers name and find the events they will swim. These will be separated by days and times. Pay attention to age groups. They can be separated by 12 and under, 10 and under, 8 and under age groups. Once you pick all the events whether you do one day or all the days click, yes to enter the meet. This will go to Coach Chip for final approval. Some meets have entry limits for events. This will be in the meet letter.

Meets have deadlines to register. Please carefully watch your emails from Coach Chip as to when a deadline for a particular meet



How Does a Swim Meet Work

You will receive a final notes email from Coach Chip several days before the meet. Read it carefully as it explains the time for warm ups. I find it helpful to be there even 15 minutes earlier than the warm up times provided.

Typical meets can last 2-4 hours

Things to wear/pack: I know it sounds obvious but a swimsuit. ISC has their own suits that can be purchased on the Elsmore swim shop or you can wear your own. ISC swim caps. Goggles- 2 pairs because they can break. At least two towels- on the pool deck towels can be dropped and get soaked. Something warm- some people wear bathrobes, comfies and swim parkas. A bag to carry all of your belongings.

Pack snacks and drinks (gatorade/water) Entertainment, books, cards and small games.

Most importantly swimmers should remember to have fun. Yes their first few meets can be intimidating but it is a great way to bond with other swimmers and make friends

How Does a Swim Meet Work Continued

The meet letter will explain how a meet will be set up. Sometimes there are admission fees, sometimes it is free. Some meets your swimmer will leave you at the pool doors to check in and other times they will meet at a different location.

Some meets you can see your swimmer with their team while on the pool deck. IT IS VERY IMPORTANT THAT YOU ARE AWARE YOU CANNOT GO ON THE POOL DECK TO TALK TO YOUR SWIMMER AT ANY SWIM MEET.

Some meets they will be staged in a gym close to the pool.

Swim Meets Continued

Meets have deadlines to register. Please carefully watch your emails from Coach Chip as to when a deadline for a particular meet is.

Swim meets can run late so please be aware. Most swim meets parents will sit in the bleachers. Parents have purchased bleachers seats to improve comfort.

If your swimmer wins their heat they may receive a prize. This can be a food item, bag tag or toy (ex: rubber duck) Some meets give out ribbons to top 1-12 or 1-20 finishers.

Before the Meet

Please write on your swimmers arm with a sharpie the following:

E H L

E = event number- this will be on the final

notes Coach Chip sends out

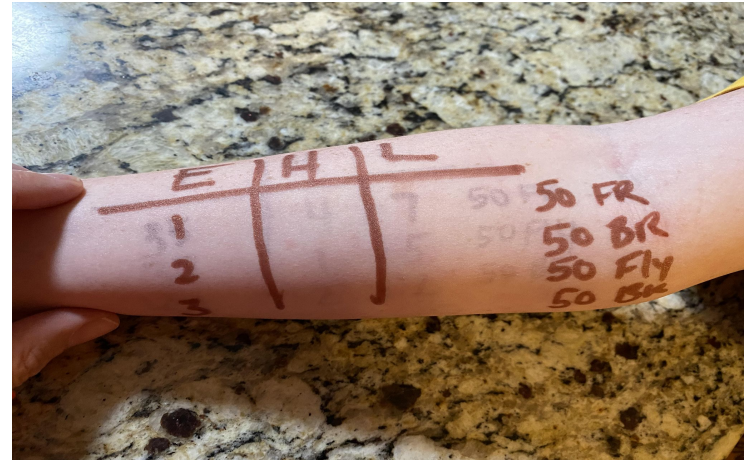
H= heat, do not write anything here your

child's coach will do this at the meet

L = Lane do not write anything here

To the right, write the distance ex: 50 or 100 and event, Freestyle is FR,

Breaststroke BR, Butterfly is Fly and Backstroke is BK



Officials, Strokes and Rules

Officials are at the meet to make sure the events are swam correctly

General rules- Swimmers cannot touch the bottom of the pool. Swimmers must start from the edge or the block on all strokes except backstroke. Swimmers cannot hold onto the lane line.

Breaststroke-Start from edge or block, no other kick allowed other than breaststroke kick. This is a two hand touch on the wall to finish.

Freestyle- Start from edge or block. Must touch walls on both sides of the pool.

Butterfly- Start from edge or block, hands above the water. Dolphin kick only, scissor and breaststroke kick not allowed, Two hand touch on the wall

Backstroke- Start is in the water. Swimmer needs to stay on their backs the whole time.

These are very simplified. Your swimmers coach will continue to review proper strokes, starts, finishes and touches.

Additional Swim Meet Information

False Start

The referee and starter may call a false start if there is a problem with the start of the race. There will be multiple beeps or an alarm will sound. The swimmer that caused the false start will be disqualified from that race. If the starter doesn't like the way the swimmers look on the blocks he/she can ask them to stand up and prepare again for the start. If the starter and referee agree that a swimmer did not start properly they can also be disqualified without the beeps or alarm if only they are going to be disqualified. They will be notified of this upon completion of the event.

Disqualification

A swimmer may be DQ'd or disqualified by an official for performing the stroke incorrectly. There could be a number of reasons why a swimmer is DQ'd. The swimmer will be told why and what they did wrong by an official and the coach. **Don't let them get too upset by DQ's. Use them as a learning experience. Almost every swimmer has been DQ'd ranging from Olympians to new swimmers just starting.**

Clerk of Courses:

Some meets will have **Clerk of Courses**, usually for the 10 and under age group. If you are new to swim meets these are good meets to attend vs. a larger meet. You will find whether a meet has a clerk of course in the meet letter. Clerk of courses will round up the swimmers to ensure they are in the correct heat and lane. If your swimmer attended the Fall Frenzy, we used Clerk of Courses. Not all meets do and it can be stressful to watch your 7, 8, 9, 10 year old get ready for their event and pay attention. **If they miss their event it is okay. I have been there watching helplessly across the pool willing them to move to their event. There will be more swim meets and more events!**

DNF- Did not finish. This can happen if your swimmer stops during their event and can longer finish

MEET MOBILE

This app is very helpful for when your swimmer will start, their heats and lanes. It does cost money but if your swimmer is going to be doing a lot of meets it is worth it.



One of the best things I did as a new swim parent was sit next to experienced swim parents at a meet. I learned so much!

ANY QUESTIONS? Please reach out to the Swim Board!