

Swim Parent 101 – What to Expect at a Meet

Your swimmer has been practicing for a while and now it's finally time for their first meet! It's now time for your swimmer to showcase what they've been working hard for in practice. This document will outline what you should expect at the meet you signed your swimmer up for.

During the Meet

Plan to arrive at the meet 15 to 20 minutes prior to warm ups so your swimmer can get acquainted with the venue and get to their coach and get prepared for warm ups. At most meets, your swimmer will need to enter the locker rooms or the pool's main doors to get to the pool deck. **PARENTS ARE NOT ALLOWED ON THE POOL DECK OR IN THE LOCKER ROOMS** due to SafeSport policy. No adults are allowed in the locker rooms, including coaches and officials.

During the meet, just sit back and relax and enjoy watching your swimmer. The coaches will make sure your swimmer gets to where they need to be prior to their events and make sure they know what event, lane and heat they are swimming in.

After the meet the coach will release your swimmer and the swimmer will exit the same door/locker room they came in and will meet you outside those doors and you are free to leave.

Meet Formats

There are several types of meets your swimmer can be a part of.

1. Dual meet – this is a meet where Pace faces off against one other club. They are typically a one day meet and are fairly rare in club swim. Dual meets are more common in middle/high school meets.
2. Invitational – a meet where several clubs are invited to participate. These are the most common meets Pace attends. Invitationals typically last the entire weekend.
3. Time Trial – it's not a meet but it is a chance for swimmers to record an official time for an event.
4. Championship – a championship meet is held towards the end of the season. Swimmers who qualified by swimming a time in an event at or faster than a time standard (post coming soon about time standards) at a dual, invitational or time trial are eligible to swim at championship meets. There are several levels of championship meets from Indiana specific meets to more national level and even international level meets.

Event Formats

Each meet can have events that are Timed Final events, Prelims/Finals events or Relays.

1. Timed Final – an event that is only swam once during the entire meet no matter the result.
2. Prelims/Finals – an event that can be swam twice during a meet based on the result during the preliminaries. As an example, swimmers who place in the top 16 (this number can vary) in prelims are qualified to swim again in the finals. If you are unable to stay for finals after qualifying in prelims you must let your coach know so they can scratch your swimmer from that finals event or you risk not being able to swim in the next day's prelims event or you could be fined.
3. Relays – not every meet has relays. For those meets that do have relays, be sure to check with your swimmer's coach to see if your swimmer will be participating in a relay or check the SportsEngine Motion app. At some meets the relays are at the end of the meet so you want to make sure you don't leave prior to the relays. The other swimmers in the relays will have to forfeit if all four swimmers aren't there.

Please see the meet letter for each meet you attend to see what format the meet will use for each event.

Awards

Some meets do provide awards in the form of ribbons or medals. For most meets, ribbons are awarded and they are delivered to the coaches at the end of the overall meet. Coaches will then deliver the ribbons to swimmers at practices later either directly or in their ribbon bin.

For championship meets, ribbons or medals are typically awarded. In most cases, those that place 9 through 16 are awarded a ribbon and place 1 through 8 are awarded a medal

Meet Mobile

We highly recommend downloading and subscribing to the Meet Mobile app on your phone. Meet information is added to Meet Mobile for most meets. It's a great tool to stay up to date on the events and you can get near instant results for all events taking place at the meet.

For any questions on anything not covered here, please reach out to your swimmer's coach.