

SMOKY HILL SHARKS

“SWIM MEETS – 101”

The Smoky Hill Sharks is a recreational summer swim team that encourages swimmers of all abilities to reach their true potential through the use of quality, effective coaching techniques and productive practice sessions. It is equally important to our Sharks family to build team spirit, establish new friendships and nurture old ones, demonstrate good sportsmanship and MOSTLY have FUN.



GENERAL SWIM MEET INFO

- Registering for a meet
- Getting a meet program
- How to Read a Meet Program
- Difference between Events and Heats
- Home Meets
- Away Meets
- Writing on your child
- Warm Ups
- What to bring to the meet
- The order of a meet
- Heating
- Disqualifications
- Prelims/Championships/All Star Meets



REGISTERING FOR A MEET



Login to your Team Unify/Sharks Account

- Declare your intention to either **Attend or Decline** a particular meet

Register each swimmer separately.

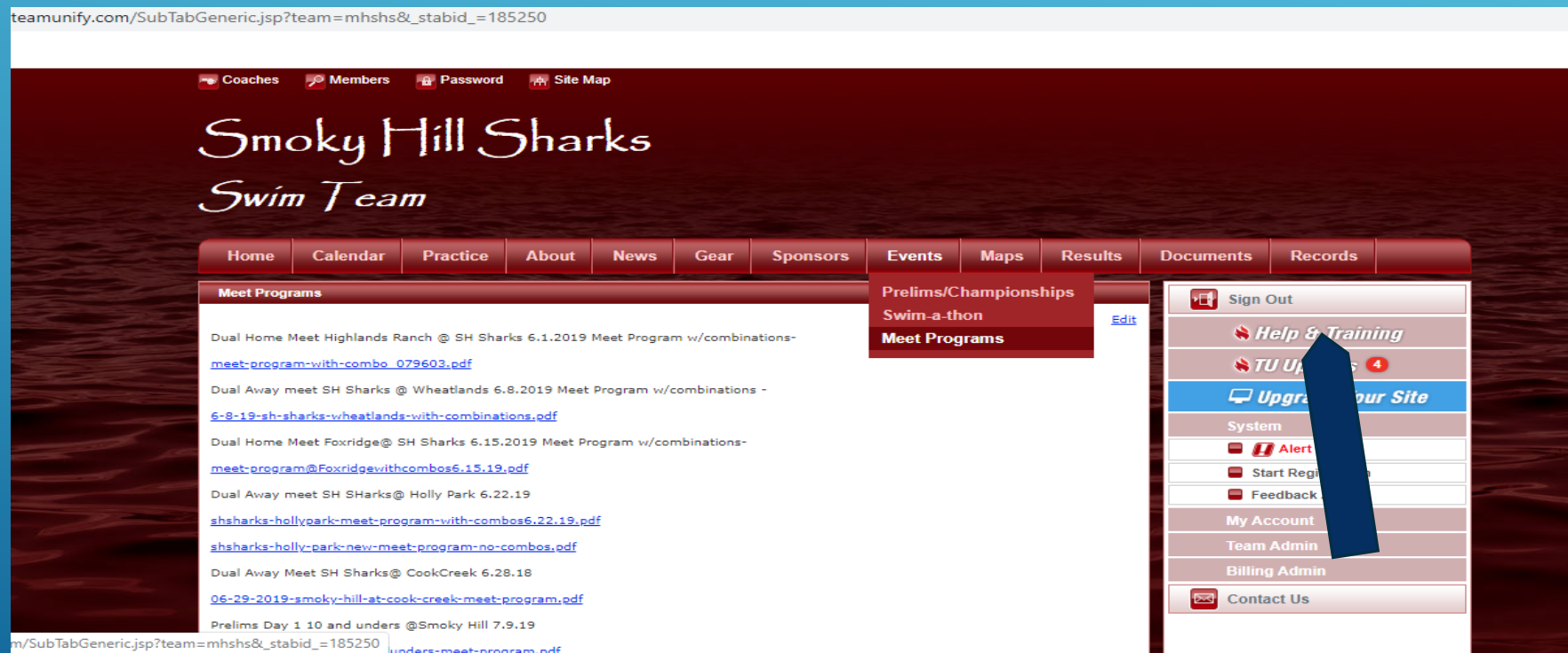
- Select up to 3 individual events
- Provide any necessary notes for coaches to review (e.g. if your swimmer is only able to attend a portion of the meet)
- Coaches will approve/finalize the individual events
- Coaches will assign swimmers to relays
- Check back to confirm the events and relays for each swimmer

Swimmers can swim UP TO 3 individual events, plus 2 relays per meet.

Sharks policy - Swimmers must have their meet entries submitted by **TUESDAY** before the meet (there are no exceptions to this rule)

GETTING A MEET PROGRAM

Meet programs are generally posted on the team website the night before a meet. Once you are logged in to your Sharks account, the programs can be found under the Events tab



READING A MEET PROGRAM



Event Number

Gender, Age &
Stroke

#15 Boys 8 & Under 25 SC Meter Freestyle

Lane Name Age
Heat 1 of 2 Finals Starts at 8:47AM

1	Swimmer 1	7
2	Swimmer 2	7
3	Swimmer 3	8
4	Swimmer 4	8
5	Swimmer 5	8
6	Swimmer 6	7

Team	Seed Time
SMOK-CO	42.67
SMOK-CO	39.21
SMOK-CO	38.06
SMOK-CO	35.52
SMOK-CO	39.80
SMOK-CO	NT

Team swimmer
is representing

Lane Number

Heat 2 of 2 Finals Starts at 8:49AM

1	Swimmer 1	7
2	Swimmer 2	7
3	Swimmer 3	8
4	Swimmer 4	8
5	Swimmer 5	8
6	Swimmer 6	7

SMOK-CO	30.67
SMOK-CO	29.21
SMOK-CO	28.06
SMOK-CO	25.52
SMOK-CO	29.80
SMOK-CO	30.72

The fastest
time swimmer
had in the
exact race in a
previous meet

NT=No Time

MEETS – UPON ARRIVAL



During All Meets, swimmers and families sit in grassy areas surrounding the pool. Please bring lawn chairs, blankets, tents (optional).

Family members may stand around the pool to watch swimmers during their race, but may not set up chairs, etc on the pool deck.

Swimmers MUST check in at the team Swimmer Check-In table

Parents/Volunteers check-in at the Volunteer Check-In table.

If your swimmer does not check in, it will be assumed that your swimmer is not coming and he/she may be scratched from the entire meet.

Be sure to review your swimmer's events upon check in

***Medley Relays are at the start of the meet

-Swimmers will need to be in the Heating Area before the start of the meet.

***Freestyle Relays are at the end of the meet

-Please let the coaches know if you plan to leave early and your swimmer is on a Freestyle Relay team. If one member of the relay leaves early, the whole relay team will have to scratch.

MEETS - WARM UPS



- Warm ups generally being at 6:30AM for home meets and 7:20AM for away meets
- Please arrive at least 15 minutes before warm ups
- While swimmers “get their blood flowing,” coaches make any necessary adjustments/scratches for missing swimmers
- Bring a towel, parka, sweatshirt, etc to wrap up in after warm ups



MEETS – WHAT TO BRING

- Swim Suit & Goggles
- Team Cap
- Extra Goggles & Spare Caps
(they do break, or mysteriously disappear)
- Lots of Sunscreen
- Towels/Blankets/Sleeping bags
(mornings can be cold!)
- Sweat shirts and pants
- Umbrella/Tent for shade
- Lawn chairs
- Sun Glasses
- Chap-stick
- Flip Flops/Sandals/Pool Shoes
- Water (lots!), Snacks/Food
- Sharpie
- Card games, books to read, things to do...
- Money for Food/Drink: Sharks have a concession stand. Most teams do as well!

Swimmers - Bring your PARENTS

And most important – Lots of TEAM SPIRIT!

LABEL everything!

WRITING ON YOUR CHILD



It is customary to use a Sharpie marker to write on your child at the beginning of each meet. This helps your swimmer, coaches and volunteers make sure that your child is properly lined up for each meet.

Using the heat sheet posted on the website (the night before the meet), create a grid that indicates which event, heat and lane your child is in

- Some swimmers find it helpful to include the stroke and distance.
- Some swimmers find it helpful to include the stroke and distance

<u>Distance/Stroke</u>	<u>Event</u>	<u>Heat</u>	<u>Lane</u>
50 Free		19 – 3 – 4	
50 Back		41 – 2 – 6	
50 Breast		53 – 3 – 5	





MEET ORDER

Event number	Group	Distance	Stroke
1	Boys 13-14	200	Freestyle
2	Girls 13-14	200	Freestyle
3	Men 15-18	200	Freestyle
4	Women 15-18	200	Freestyle
5	Boys 5-8	100	Medley Relay
6	Girls 5-8	100	Medley Relay
7	Boys 9-10	200	Medley Relay
8	Girls 9-10	200	Medley Relay
9	Boys 11-12	200	Medley Relay
10	Girls 11-12	200	Medley Relay
11	Boys 13-14	200	Medley Relay
12	Girls 13-14	200	Medley Relay
13	Men 15-18	200	Medley Relay
14	Women 15-18	200	Medley Relay
15	Boys 5-6	25	Freestyle
16	Girls 5-6	25	Freestyle
17	Boys 7-8	25	Freestyle
18	Girls 7-8	25	Freestyle
19	Boys 9-10	50	Freestyle

20	Girls 9-10	50	Freestyle
21	Boys 11-12	50	Freestyle
22	Girls 11-12	50	Freestyle
23	Boys 13-14	50	Freestyle
24	Girls 13-14	50	Freestyle
25	Men 15-18	50	Freestyle
26	Women 15-18	50	Freestyle
27	Boys 5-8	25	Butterfly
28	Girls 5-8	25	Butterfly
29	Boys 9-10	50	Butterfly
30	Girls 9-10	50	Butterfly
31	Boys 11-12	50	Butterfly
32	Girls 11-12	50	Butterfly
33	Boys 13-14	100	Butterfly
34	Girls 13-14	100	Butterfly
35	Men 15-18	100	Butterfly
36	Women 15-18	100	Butterfly
37	Boys 5-6	25	Backstroke
38	Girls 5-6	25	Backstroke
39	Boys 7-8	25	Backstroke
40	Girls 7-8	25	Backstroke



MEET ORDER (CON'T)

41	Boys 9-10	50	Backstroke	61	Boys 5-8	50	Freestyle
42	Girls 9-10	50	Backstroke	62	Girls 5-8	50	Freestyle
43	Boys 11-12	100	Backstroke	63	Boys 9-10	100	Freestyle
44	Girls 11-12	100	Backstroke	64	Girls 9-10	100	Freestyle
45	Boys 13-14	100	Backstroke	65	Boys 11-12	100	Freestyle
46	Girls 13-14	100	Backstroke	66	Girls 11-12	100	Freestyle
47	Men 15-18	100	Backstroke	67	Boys 13-14	100	Freestyle
48	Women 15-18	100	Backstroke	68	Girls 13-14	100	Freestyle
49	Boys 5-6	25	Breaststroke	69	Men 15-18	100	Freestyle
50	Girls 5-6	25	Breaststroke	70	Women 15-18	100	Freestyle
51	Boys 7-8	25	Breaststroke	71	Boys 5-8	100	Individual Medley
52	Girls 7-8	25	Breaststroke	72	Girls 5-8	100	Individual Medley
53	Boys 9-10	50	Breaststroke	73	Boys 9-10	100	Individual Medley
54	Girls 9-10	50	Breaststroke	74	Girls 9-10	100	Individual Medley
55	Boys 11-12	100	Breaststroke	75	Boys 11-12	100	Individual Medley
56	Girls 11-12	100	Breaststroke	76	Girls 11-12	100	Individual Medley
57	Boys 13-14	100	Breaststroke	77	Boys 13-14	200	Individual Medley
58	Girls 13-14	100	Breaststroke	78	Girls 13-14	200	Individual Medley
59	Men 15-18	100	Breaststroke	79	Men 15-18	200	Individual Medley
60	Women 15-18	100	Breaststroke	80	Women 15-18	200	Individual Medley
				81	Boys 7-8	100	Freestyle Relay



MEET ORDER (CON'T)

82	Girls 7-8	100	Freestyle Relay
83	Boys 9-10	200	Freestyle Relay
84	Girls 9-10	200	Freestyle Relay
85	Boys 11-12	200	Freestyle Relay
86	Girls 11-12	200	Freestyle Relay
87	Boys 13-14	200	Freestyle Relay
88	Girls 13-14	200	Freestyle Relay
89	Men 15-18	200	Freestyle Relay
90	Women 15-18	200	Freestyle Relay

(Informal Coaches Relay at the end of each meet)

1. Age 13-18: Distance Freestyles

2. **Medley Relays** - Each leg of the relay swims one of the four strokes. The first swimmer swims backstroke, the second breaststroke, the third butterfly, and the final swimmer, freestyle.

3. **Freestyle events** - Swimmers may swim any stroke, but the stroke most commonly used is the crawl, which is characterized by alternate overhand motion of the arms and an alternating (up and down) flutter, or scissor kick.

4. **Breaststroke events** - Consists of simultaneous movements of the arms on the same horizontal plane. The hands are pulled from the breast in a heart shaped pattern and recovered under or on the surface of the water. The elbows remain under the surface of the water except at the finish. The hands cannot be brought beyond the hipline except the first stroke after the start or turn. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously, with shoulders in line with the surface of the water.

5. **Backstroke events** - Swimmer must remain on the back with an alternating motion of the arms with a flutter kick. The swimmer must touch the wall while on the back. A backstroke flip turn is not allowed in CSRA swimming.

6. **Butterfly events** - Some consider this to be the most beautiful of the strokes. It features a simultaneous overhand stroke of the arms combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissor or use the breaststroke kick. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously.

7. **Individual Medley (IM) events** - Features all four strokes. In the IM, the swimmer begins with the butterfly, then changes to backstroke, then breaststroke and finally freestyle.

8. **Freestyle Relays** - Each swimmer swims one quarter of the total distance of the event. Swimmers may swim any stroke they like, although the freestyle (crawl) is preferred.

DURING THE MEET - HEATING

HEAT = Events with many swimmers are divided into multiple heats; multiple heats make up each event. In each “heat” swimmers are matched with others of similar seed times.

HEATING AREA = This is the area, to the side of the starting blocks, where swimmers are organized into the correct heats for each event

- Keep a close eye on the "First Call/Last Call" board near the Heating Area to get your swimmer to the Heating Area on time
- Swimmers need to come to the Heating Area ready to swim their race
This means that caps and goggles should be on
- Parents are not allowed in the Heating Area or behind the blocks.
- Volunteers at the Heating Area will assist new and younger swimmers



DURING THE MEET



Summer swim team is ALL about having fun. Encourage good sportsmanship. Your swimmer will make friends and will be on deck cheering on their teammates. ***We encourage you to cheer for all Sharks!***

The dreaded "DQ": Be prepared to hear that your swimmer "DQ-ed" during a race. This means that the swimmer failed to follow all stroke rules. This can be anything from a false start, to an incorrect kick, to not touching the wall correctly. Coaches will discuss the reason for a DQ with each swimmer.

Race results, with individual times will be posted at the pool during the meet, with final Meet Results posted to the Sharks' website in the days following the meet.

Ribbons are given to 1st – 8th place per the Mountain Hi Swim League, depending on the number of lanes

PRELIMS/CHAMPIONSHIPS/ALL STARS

Prelims: If you have attended 10 more practices this season, you are eligible to compete in Prelims. “Prelims” is an end of season meet that determines the championship swimmers.

Championship Meet: The top 16 finishers in each individual event from the Prelims meet compete at Championships. This meet determines the Division Champions.

All Star Meet: Swimmers must qualify for this meet by meeting or beating the All Star Times (**published on our web site under the documents tab**). This meet includes all qualifiers from the entire league.



VOLUNTEERING



- Every meet requires volunteers in order to run efficiently and successfully

Meet Volunteers will usually only work for half of the meet depending on the position that you are filling. In the event that you have special circumstances, please let the Volunteer Coordinator know.

In General:

Shift 1 = Events 1 – 48 and

Shift 2 = Events 46 – 90

**Parent Volunteers are expected to check at the Volunteer Check In desk at both Home and Away Meets.

The table is typically located at the entrance to the pool.



VOLUNTEER POSITIONS

Volunteer Position	Description
Announcer & Music	Announces events and scoring updates, plays the music Events 1 – 90
Clerk of Course	Places swimmers in correct order of events and lane assignments by managing the heating area
*Meet Official	Before meet: combines events, ensures labels are on relay deck entry cards, and confirms the order of the meet
Clerk of Course Helper	Looks for swimmers for individual and relay events and helps the Clerk of Course as needed - assists in communications between the Starter, Clerk of Course and Scoring table
Concessions Manager	Manages the concessions area including purchasing and preparation of food
Concessions	Assists in selling concession items Events 1 – 48 and Events 46 - 90
DQ Communicator**	Notifies coaches of infractions (disqualification - DQ) You do not need to be league certified; however, you need to read and be familiar with the Guidelines for Officials and Deck Staff Events 1 – 48 and Events 46 - 90
DQ Scribe**	Listens for disqualification and fills out the (DQ) slip: swimmer's infraction(s), heat, lane, and official's name You do not need to be league certified; however, you need to read and be familiar with the Guidelines for Officials and Deck Staff Events 1 – 48 and Events 46 - 90
End of Year Team Banquet Coordinator	Plans and executes all aspects of the end of year party



VOLUNTEER POSITIONS (CON'T)

Facilities	Checks the paper supplies and functionality of each bathroom, empties the trash cans outside the pool deck, picks-up trash
	Events 1 – 48 and Events 46 - 90 – one man and woman per shift
Fundraising Coordinator	Plans fundraisers for the team
Head Timer	Runs the timer meeting for both shifts prior to the meet, distributes stopwatches and clipboards, and monitors the timers
Heating - Chairs	Lines up swimmers in chairs behind their designated lanes and makes sure swimmers are ready for their race

Heating - Flip board	Turns the flip board numbers
	Makes sure the swimmers are seated in Event, Heat and lane order.
Heating – Ready Bench	Events 1 – 48 and Events 46 - 90

Hospitality	Provides water to volunteers during the meet and cleans up the areas of empty cups and empty trash cans inside the pool deck area
	Events 1 – 48 and Events 46 - 90
Meet Manager	Responsible for the computer software that seeds and runs the meet. Interacts with other swim teams in providing reports and entries.
Meet Referee	Oversees the operation of all phases of the meet: makes deck assignments, reviews protest procedures, maintains control of the running of the competition, confirms or rejects all disqualifications, assures a fair start for each competitor, ensures the safety of all swimmers
*Meet Official	
Ribbons Coordinator	Manages the ribbon inventory and distributes ribbons
Runner	Collects timing sheets and/or cards from the timers for each race and delivers to the scoring table. Picks up DQ slips from the scoring area and delivers them to coaches; posts results in designated areas.
	Events 1 – 48 and Events 46 - 90
Scoring Manager	Runs the computer software at meets and enters swimmer times.
Scoring	Prepares scoring sheets/cards to determine the results for each of the events and the overall meet, as well as, processing DQ slips
	Events 1 – 48 and Events 46 - 90



VOLUNTEER POSITIONS (CON'T)

Set-up – pre-meet	Helps clear chairs from the deck area, brings in concession supplies and items, other things as needed during Friday night practice 2 helpers from morning set-up crew
Set-up	Helps with set-up of equipment and supplies for the meet early Saturday morning - 6:15 until done
Starter	Provides the instructions and oversees the beginning of each race – ensures all swimmers achieve the best start possible
*Meet Official	
Stroke and Turn Judge	Ensures that the regulations relating to each stroke for the start, swim, turn, and finish are monitored once the swimmer has entered the water
*Meet Official	Events 1 – 48 and Events 46 - 90
Tear Down	Helps with taking down meet equipment, putting away supplies, and getting the pool ready for opening
Timer	Runs stop watch and times the swimmers in designated lane Events 1 – 48 and Events 46 - 90
Volunteer On-Call	To be utilized as a sub for any volunteer position or shift Events 1 - 90

***Meet Official- you must be league certified to hold these positions. Mountain Hi Swim League (MHSL) offers clinics for those interested.**

****DQ Communicator and DQ Scribe – you do not need to be league certified; however, you need to read and be familiar with the Guidelines for Officials and Deck Staff**