



Swim Meets 101

What to Bring to Swim Meets:

Swimmers: Atlantis recommends swimmers bring the following items to each meet in addition to their Atlantis swim cap and solid black or team suit:

- Several towels
- Extra goggles (Racing goggles should be tighter than those worn at practice. If the meet is at an outside pool, use dark tinted goggles).
- An extra set of warm clothing to be worn on deck
- Water bottle and healthy snacks (nut-free due to severe allergies on the team)
- Books, cards, small games, etc. for long waits between races
- Positive attitude and your game face!

Parents: Atlantis encourages parents to find each other in the stands, and get to know each other! Some of your best friendships will start in the spectator areas of local pools. Swim parents may want to bring:

- A stadium seat or cushion to sit on
- Cash for admission (typically \$5/person/session) and for heat sheets (\$1-3)
- Snacks & beverages, or cash for the concession stand.
- A book to read or your knitting materials.
- A camera or videocamera, but no flash photography is allowed!
- Layered clothing. Swim meets can be HOT!
- Printouts of your swimmers times and the cuts they are trying to achieve.
- Pens and highlighters for marking up the heat sheets.
- A positive and encouraging attitude

At Swim Meets: Each swim meet format, schedule, entry costs and competition level is different. The following are some basic guidelines for swim meets:

- Know in advance what events you are swimming at the meet. These will be posted at the meet and usually are emailed by Atlantis a few days prior to the meet. Event schedules are also available on the Club web site on the “Athlete Signup” page next to the swimmer’s name. Our coaches discourage all but the youngest swimmers from writing their events on their hands. Parents are encouraged to supply their swimmer(s) with a print-out or write their events that they will be swimming during each session of the meet on the goal card bag tag distributed by the coaches.
- Know what time warm-up starts. This is available on the Atlantis web site under the “Meets & Events” tab by selecting “Meet Information” and the name of the swim meet. Under the section “Forms/Documents” will be a link to open the meet packet. This packet outlines the overall meet schedule and warm-up times for each session.
- Arrive early so your swimmer has time to complete mandatory check-in and prepare for the warm-up.
- Parents can often purchase a Heat Sheet and determine heat and lane assignments for each their swimmer’s events.
- Parents should encourage swimmers, but please leave the coaching to the coaches.
- Swimmers should always ask their coach whether they will be on a relay team. At most meets, relays are the final events, so swimmers should be ready to swim relays at the end of the meet session.
- All swimmers must wear an Atlantis team cap and team suit or solid black suit for the entire meet. Swimmers wishing to wear “fastskins” or other technical racing suits should discuss this in advance with their lead coach.
- After warm-up and between races, swimmers should put on warm clothes over their swimsuit. It is also important to wear shoes and socks to avoid losing body heat and energy.
- Stay away from junk food. It’s better to eat bagels, fruit, energy bars, etc. Please bring only nut-free snacks due to severe allergies on the team. Stay hydrated by drinking water, Gatorade, Powerade, etc. Avoid energy drinks and caffeinated beverages which contain diuretics.
- Swim meets can move along very quickly (although they can last for several hours!). It is very important for swimmers to pay attention to what event is in progress. Almost all swim meets are not marshaled! Swimmers should be behind the blocks, ready to swim, an event or two before the one they will swim depending on the number of heats in each event and the distance being swum in the events. Timelines are occasionally posted, but they are estimates only. Listen to the announcer and always check with coaches if you are not sure when to report to the blocks.

- At some meets, swimmers who miss a scheduled race may be penalized by not being permitted to swim in subsequent events at that same meet. If a swimmer anticipates missing an event, the swimmer should make every effort to scratch the race at the time of check-in.
- Swimmers should be sure to clean up after themselves before leaving a meet. Please throw away trash and always be respectful of the facilities we visit. Atlantis swimmers should try to leave behind the cleanest possible team area at every pool where we compete.
- Results for the meet are usually posted at the pool during the meet, but they can also be found on the Michigan Swimming website www.miswim.org within a few days of the meet.
- Unless otherwise announced, awards are picked up at the end of the meet by the coaches and arrangements for their distribution is coordinated by parent volunteers. Athletes may swim a meet and not receive any ribbons. Place emphasis on the improvement by the swimmer, not what place in the race they finish.

Tracking Times /Swimming Apps: Swimmers and their parents should be familiar with a swimmer's times so they can be easily referenced for goal-setting and meet- planning purposes. Times can be checked on the website several days after a meet, as follows:

- 1) Click the "Sign In" tab in the upper left hand corner of the Atlantis website home page. Log in as normal.
- 2) Click on "My Account" located under the "Sign In" tab, and then click on "My Meet Results".
- 3) In the "Member" section, select the swimmer's name from the drop-down menu. Select additional information from the other drop-down menus to view the appropriate time standards (e.g., SCY (short course yards), LCM (long course meters)) and the stroke. Click the "Search" box once you have completed selections. The swimmer's times will be displayed by event beginning with the most recent swim meet.

Individual times can also be found on the USA Swimming website. Please be sure to create an account to take advantage of "**Deck Pass**" and "**Deck Pass Mobile**" (USA Swimming's mobile app) where swimmers can:

- Check best times and earn digital patches for competing.
- Find verified IM Ready and IMX scores.
- Enter goal times for all events and compare individual best times against these goals.
- Connect with friends.

You might also be interested in downloading the **OnDeck Parent app**. This app is tied to our TeamUnify website.

- Once you download and open the app, enter the same Username and Password that you use for our website. You will be asked to enter a "Team Alias". Ours is mibba (all lowercase).

- From the main menu choose “Account Home” to select a swimmer on your account to view attendance, meets, best times, and future meets.

Both the “**Deck Pass**” and “**OnDeck Parent**” apps have many more functions available to enhance your swim team experience; please take the time to explore them!

In addition, live or almost live results are often available using the app “**Meet Mobile**” available on most phones and tablets. Swim fans can track their favorite teams and swimmers using Meet Mobile even if they can’t attend the meet in person.