

# Welcome to the Lancers

PART II: SWIM MEET 101



# PART II: SWIM MEET 101



## Agenda

- Basic Strokes
- Two Seasons
- Swimmer Speak
- Facilities
- How to Signup for Meets
- Meet Packing List
- How to read a Heat Sheet
  - Paper & Digital
  - Transferring the heat sheet to your swimmer
- Time Standards and Qualification Times
- Tips for parents



# PART II: SWIM MEET 101



## BASIC STROKES

### INDIVIDUAL

- Butterfly (Fly)
- Backstroke (Back)
- Breaststroke (Breast)
- Freestyle (Free)
- Individual Medley (IM)
  - Order: Fly, Back, Breast, Free



### RELAYS

- Freestyle Relay
- Medley Relay
  - Order: Back, Breast, Fly, Free

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## TWO DIFFERENT SEASONS

- Short Course Yards (SCY)
  - 25 Yard Pool
  - Roughly September through March – 1<sup>st</sup> meet 28-29 SEP 2024
  - MAL Champ (no Qual times Req'd-everyone can come!) – 8-9 FEB 2025
  - MV Districts (\*\*Qual times Req'd)
  - MV Champs (\*\*Qual Times Req'd)
  - Sectionals (\*\*Qual Times Req'd)
- Long Course Meters (LCM)
  - 50 Meter Pool
  - Roughly April through July



\*\* See Slides 31-33 for Qual Times Discussion and Requirements

*Note: Short Course Meters (SCM) is usually only summer leagues, not USA Swimming events.*

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## Swimmer Speak:

- **Session**. Portion of meet distinctly separated from other portions by locale, time, type of competition, or age groups. Swim meets usually have 2-3 sessions per day with each session having warmup times.
- **Event**. A grouping of like swimmers swimming the same stroke and distance (age, sex, distance, stroke). Ex: Event #10: Boys / 11-12 / 50 yard/ Freestyle
- **Heat**. A sub group of an event that divides the swimmers into groups of eight or less (since there are only 8 lanes usually). One “Event” will have many “Heats”. [ Event #10: 50 Free with 23 HEATS]
- **Lane**. Which lane (block) your swimmer will start from (usually 8 lanes).
- **Crash Area**. An area where swimmers can rest between events. Each natatorium allows swimmers only in crash area and the deck area of the pools. (Swimmers will need to come to you)
- **Deck**. Floor Area surrounding the pool.
- **Psych Sheet**. A booklet that lists swimmers entered into events listed in seeded time order. Often available online before a meet.
- **Heat Sheet**. A booklet that lists where and when swimmers will swim. Includes Events, Heats, and Lanes and approx. times each heat will begin (this is subject to change!). These can be sold at meets (\$5-\$15) and/or posted to Meet Mobile. Heat Sheets will also generally be posted around the meet to take pictures of events.
- **Scratch**. Declaring that, while you are at the meet and intend to race, you will not be participating in a particular race.



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## Swimmer Speak cont'd:

- **DQ or Disqualification**. There are multiple ways to DQ in an event (false start, improper touch, improper turn, stroke, grab lane line, etc.).  
*Want to know more? See USAS "2024 Rulebook" under TOP RESOURCES for Technical Rules: [Rules & Policies \(usaswimming.org\)](https://usaswimming.org)*
- **False start**. This occurs when a swimmer either leaves the starting block or is moving on the block before the starter officially starts the race.
- **Flip turn**. Used in freestyle and backstroke races (not fly or breaststroke), where swimmers somersault before reaching the wall and push off with their feet, never touching the wall with their hands
- **NT or No Time**. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before or achieved a recordable time.
- **Time Standard**. A time set by a meet or LSC or USA-S (etc) that a swimmer must achieve for qualification or recognition.



# PART II: SWIM MEET 101



SHAWNEE MISSION/LENEXA



TOPEKA

## Meet Facilities

- Swimmer and Coach Only Areas (Identified restrooms and lockers, Deck, Crash Area...dependent on venue)
- No filming or pictures from behind the starting blocks
- No flash photography, screaming or cheering during the start (audible beep swimmers need to hear with a visual flash)



GLADSTONE



Commit

Lancet

5. Declare or Commit



3. Click on Event for More Information

Registration Deadline: **Sep 15, 2024**

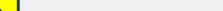
**Key Meet Information**

Time [Meet Type]: [M] [D] [Y] [H] [M] [S] [Commit by Event]

ops: [View](#) / [Edit](#)

ifying Time): No

**Key Meet Info**

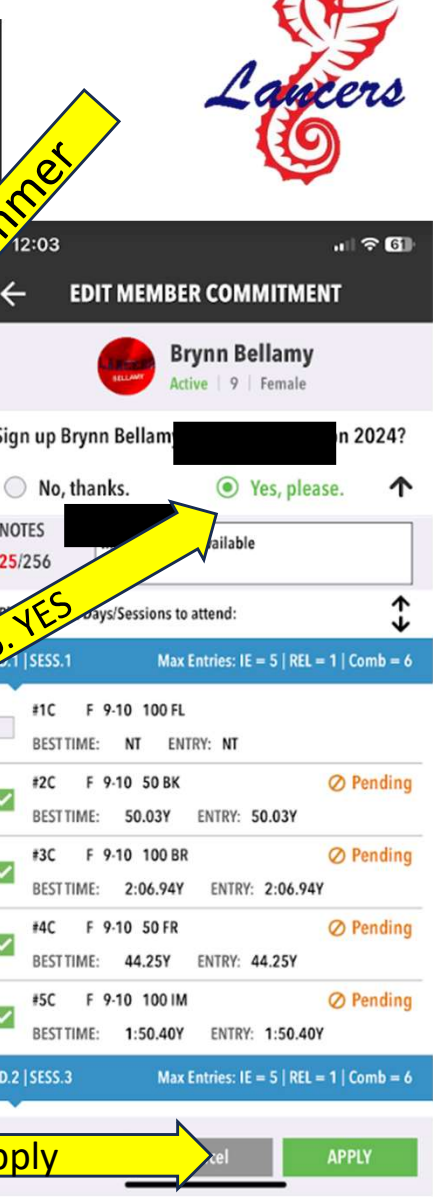
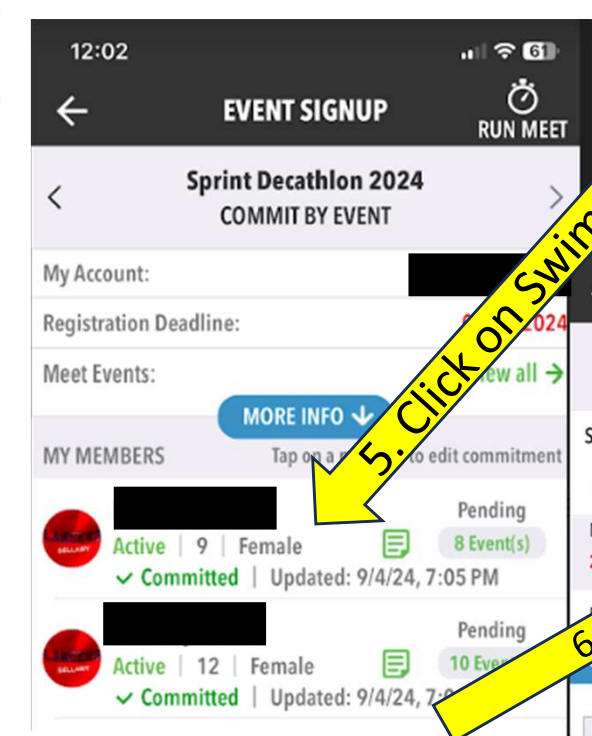
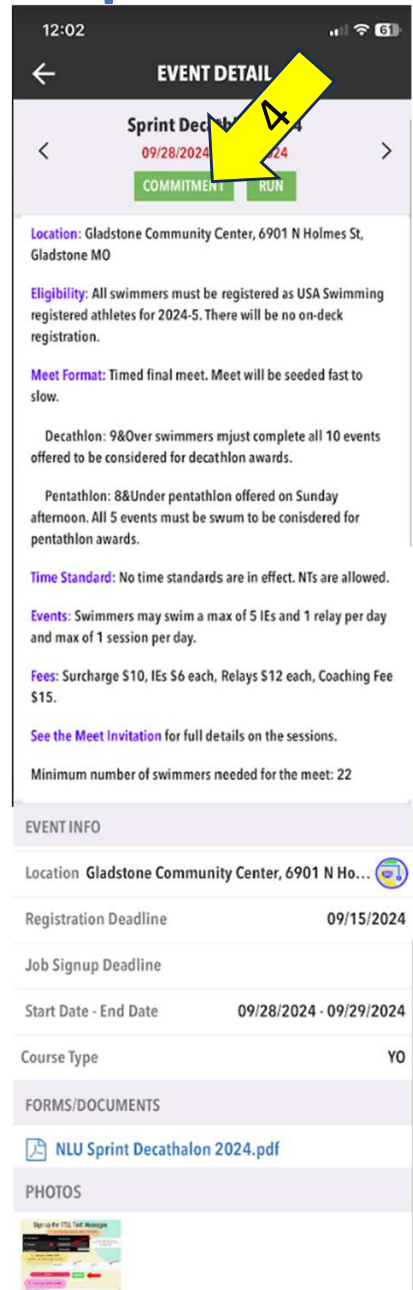
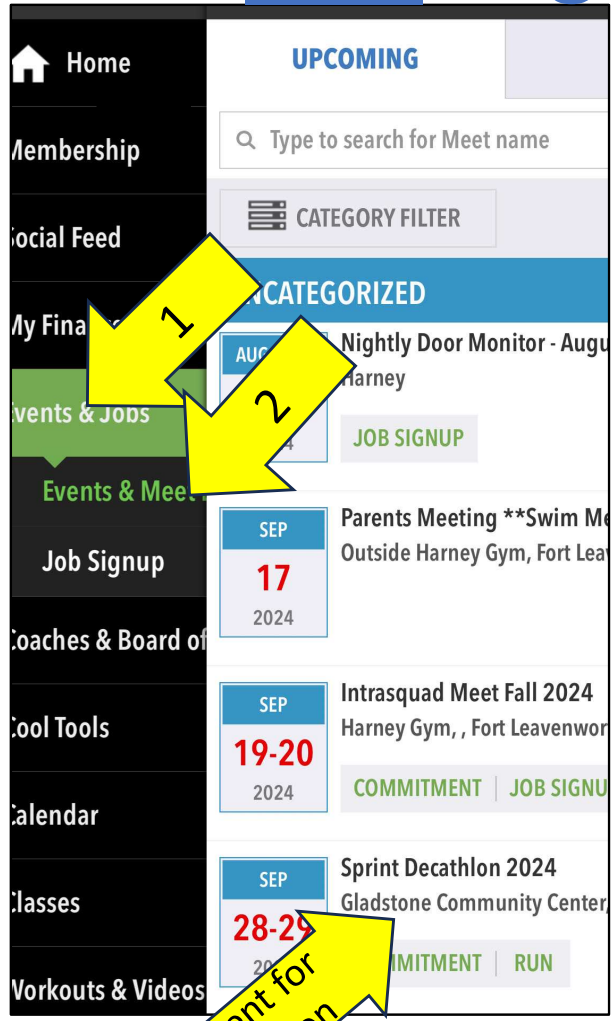


4. Meet Invite with **ALL** information

# PART II: SWIM MEET 101



## Team App: Signups for Events



3. Click on Event for More Information

5. Click on Swimmer

7. Select Races and Sessions you want to swim

8. Apply

# PART II: SWIM MEET 101






## SWIM MEET PACKING LIST

- Dry Swim Bag (No need for gear/wet bag)
- Goggles + Spare Goggles and/or Spare Goggle Straps (most common thing to break)
- Team Swim Cap + Spare cap
- Bathing Suit (authorized) + Spare
- 2 Towels (lay on, dry off, etc.)
- Clothing that can be worn between events
  - Swim Parkas and Sandals
  - Sweatshirts, sweatpants, team shirts, loose clothing is best
- Food and Water Bottle
  - Healthy snacks to fuel swimmer throughout meet
  - Water, Gatorade, etc.

- Games, books, activities, suitable for blanket play (UNO, cards...)
  - Electronics are at your own risk.
  - Music with headphones

### PARENTS:

- SHARPIE PENS! 
- Highlighters 
- Chairs/Stadium chairs (optional, but recommended for comfort)
- Small amount of \$ for snacks, heat sheet, shirts... (when available)
- Phone Charging Brick 
- Water Source and/or coffee and snacks
- Dress in layers (warm inside)
- Heat Sheet (buy onsite)
- Read Swim Meet Survival Guide [lancer-swim-meet-survival-guide---2023805\\_098295.pdf](https://gomotionapp.com/lancer-swim-meet-survival-guide---2023805_098295.pdf) (gomotionapp.com)

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## How to Read a Heat Sheet (Paper): **E** H L

Find the event you signed your swimmer up for:

This is your Event #:  
**EVENT 10**

4	Baldwin, Ashley M	12	MSA-MV	1:30.85
5	Sevier, Madeleine C	11	TST-MV	1:32.13
6	Behm, Lucy F	11	KCB-MV	1:34.77
7	Hendrickson, Eba A	12	KCB-MV	1:36.82
8	Shonkwiler, Carolyn K	12	KCB-MV	1:38.69
<b>Event 10 Boys 12 &amp; Under 100 LC Meter Breaststroke</b>				
Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 10 Finals</b>				
1				
2	Robinson, Eli P	8	KCB-MV	NT
3	Franciskato, Scott A	8	KCB-MV	NT
4	Mallot, Darren J	9	KCB-MV	NT
5	Stolte, Eli S	9	KCB-MV	NT
6	Tietjen, John D	8	KCB-MV	NT
7	Robinson, Carter J	6	KCB-MV	NT
8				
<b>Heat 2 of 10 Finals</b>				
1	Bergstrom, Erik W	10	NLU-MV	NT
2	Lin, Alec	10	KCB-MV	NT
3	Manning, Reece S	10	KCB-MV	NT
4	Lytle, Devon J	10	AAAA-MV	NT

First find the Event your swimmer is in

# PART II: SWIM MEET 101



## How to Read a Heat Sheet (Paper): E **H** L

SCAN  
DOWN to  
your  
Swimmers

Name:

This is  
your

Heat #:  
**HEAT 8**

This is  
your  
Lane #:  
**LANE 3**

3	Platt, Dalton S	11	TSA-MV	1:57.98
4	Kessler, Jake S	11	KCB-MV	1:57.45
5	Narayanan, Srivats S	12	KCB-MV	1:56.70
6	Deedy, Evan G	9	KCB-MV	1:57.09
7	Livingston, Zander W	10	NLU-MV	1:57.96
8	Daniel, Brady N	11	KCB-MV	1:58.04
				2:00.04
<b>Heat 8 of 10 Finals</b>				
1	Brand, Sandy J	9	KCB-MV	1:55.13
2	Dritz, Egan T	11	MM-MV	1:50.87
3	Marshall, Weston T	12	FTLL-MV	1:48.25
4	Hill, Robbie C	10	NLU-MV	1:46.69
5	Hill, Jonathan C	12	NLU-MV	1:47.25
6	Schipfer, James J	9	KCB-MV	1:49.62
7	Barr, Luke D	10	SCSC-MW	1:53.20
8	Perry, Danny R	11	SCSC-MW	1:55.91
<b>Heat 9 of 10 Finals</b>				
1	Hefferren, Finnegan J	10	BWST-MV	1:42.44
2	Godard, Lance J	9	KCB-MV	1:40.21
3	Costello, Philip N	11	KCB-MV	1:38.62
4	Flanagan, Nathan A	10	AAAA-MV	1:38.25

Then find their Heat and Lane

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## Prepare your Swimmers Arm/Leg

Use the sharpie to make a grid on the swimmer's arm or upper leg that looks something like the below pictures (it will fade and come off in a shower later). If you're not sure what to do, find a swim parent who has been to a few meets and ask – we're a friendly group.

E	H	L	
9	13	6	100 FREE
11	13	6	50 BREAST
15	13	7	50 BACK
17	7	1	200 IM

E = Event  
H = Heat  
L = Lane



Platte County Community Center North - Site License HY-TEK'S MEET MANAGER 8.0 - 4:28 PM 5/5/2023 Page 1  
9th Annual Platte City 500 - 5/6/2023 to 5/7/2023  
Meet Program - Sunday AM

#51 Women 11-12 100 SC Meter Freestyle				Heat 4 of 6 Finals Starts at 08:50 AM				Heat 3 of 6 Finals Starts at 09:06 AM							
Lane	Name	Age	Team	Seed	Lane	Name	Age	Team	Seed	Lane	Name	Age	Team	Seed	Time
Heat 1 of 7 Finals Starts at 08:30 AM	1 Sullivan, Clara M	11	BWST-MV	NT	1 Tu, Derrick R	11	KCB-MV	1:21.04L	1 Chapman, Claire E	11	KCB-MV	1:27.05T			
2 Keim, Abby N	12	KCB-MV	1:26.20T	2 Bonness, Caleb B	12	KCB-MV	1:12.23L	2 Downard, Collie E	12	COOL-MV	1:25.51T				
3 Gile, Sydney C	12	COOL-MV	NT	3 Klahn, Griffin B	11	KCB-MV	1:59.76	3 Taylor, Ella	12	KCB-MV	1:23.93T				
Heat 2 of 7 Finals Starts at 08:32 AM	1 Flebig, Collina R	11	KCSA-MV	1:25.25T	4 Nazdryn, Max A	11	KCB-MV	1:11.40L	4 Lanier, Sarah	12	BWST-MV	1:24.17T			
2 Plummer, Brouillette E	11	COOL-MV	1:19.04T	5 LaMire, Nathan J	11	COOL-MV	1:20.41L	5 Burtulica, Charlie P	11	FTLL-MV	1:20.00L				
3 Nixon, Alyssa N	12	RA-MV	1:23.42T	1 Sanjel, Kelv S	11	KCB-MV	1:57.61	1 Anbeuchon, Marlyn F	12	KCB-MV	1:22.93T				
Heat 3 of 7 Finals Starts at 08:34 AM	1 Hayter, Clara E	11	BWST-MV	1:16.18T	2 McKoon, Liam B	11	KCB-MV	1:38.86	2 Bailey, Sloane M	11	KCB-MV	1:19.72T			
2 Kutter, Annika G	12	KCB-MV	1:51.78L	3 Korte, Abe K	12	KCB-MV	1:28.65	3 Nazdryn, Anna A	12	KCB-MV	1:11.04T				
3 Skill, Tasia A	12	KCB-MV	1:31.40L	4 Gibson, Drew F	12	FTLL-MV	1:37.55	4 Sol, Jada J	12	KCB-MV	1:17.33T				
4 Moley, Izzy A	12	COOL-MV	1:47.81L	5 Gutierrez, Fletcher E	11	KCB-MV	1:43.40	5 Brady, Lucia M	12	COOL-MV	1:21.65T				
Heat 4 of 7 Finals Starts at 08:36 AM	1 Bellamy, Shea D	11	FTLL-MV	1:24.24L	1 Weisberg, Daniel L	12	KCB-MV	1:28.08	Heat 4 of 6 Finals Starts at 09:08 AM						
2 Poluchec, Wrennys E	12	KCB-MV	1:18.34L	2 Gushall, Grisham W	12	BWST-MV	1:17.62	1 Anbeuchon, Marlyn F	12	KCB-MV	1:22.93T				
3 Nazdryn, Anna A	12	KCB-MV	1:12.55L	3 Chang, Preston H	12	KCB-MV	1:15.16	2 Harris, Charlie M	12	KCB-MV	1:41.63				
4 Sol, Jada J	12	KCB-MV	1:16.53L	4 Beltran, Karlisle S	12	KCB-MV	1:15.20	3 Walker, Rida M	12	KCB-MV	1:36.10				
5 Brady, Lucia M	12	COOL-MV	1:24.47L	5 Hanes, Henry J	12	BWST-MV	1:24.05	4 Weisberg, Daniel L	12	KCB-MV	1:39.62				
Heat 5 of 7 Finals Starts at 08:38 AM	1 Stolarsky, Sophia A	12	COOL-MV	2:00.46	Heat 5 of 6 Finals Starts at 08:52 AM				5 Weisberg, Daniel L	12	KCB-MV	1:47.17			
2 Howell, Gabbi L	11	KCB-MV	1:43.23	1 Sanjel, Kelv S	11	KCB-MV	1:57.61	Heat 5 of 6 Finals Starts at 09:10 AM							
3 Barikmo, Kiley A	11	KCB-MV	1:37.53	2 McKoon, Liam B	11	KCB-MV	1:38.86	1 Anbeuchon, Marlyn F	12	KCB-MV	1:22.93T				
4 Kingston, Audrey F	12	KCB-MV	1:38.24	3 Korte, Abe K	12	KCB-MV	1:28.65	2 Bailey, Sloane M	11	KCB-MV	1:19.72T				
5 Kimbrell, Scarlett K	12	KCB-MV	1:47.22	4 Gibson, Drew F	12	FTLL-MV	1:37.55	3 Nazdryn, Anna A	12	KCB-MV	1:11.04T				
Heat 6 of 7 Finals Starts at 08:40 AM	1 Chipko, Claire E	11	KCB-MV	1:36.03	5 Gutierrez, Fletcher E	11	KCB-MV	1:43.40	4 Sol, Jada J	12	KCB-MV	1:17.33T			
2 Worster, Eleanor R	12	KCB-MV	1:30.95	1 Weisberg, Daniel L	12	KCB-MV	1:28.08	5 Brady, Lucia M	12	COOL-MV	1:21.65T				
3 Harris, Charlie M	12	KCB-MV	1:27.21	2 Gushall, Grisham W	12	BWST-MV	1:17.62	Heat 6 of 6 Finals Starts at 09:12 AM							
4 Wilson, Clara J	12	BWST-MV	1:27.76	3 Chang, Preston H	12	KCB-MV	1:15.16	1 Skill, Tasia A	12	KCB-MV	1:34.76				
5 Bailey, Sloane M	11	KCB-MV	1:32.16	4 Beltran, Karlisle S	12	KCB-MV	1:15.20	2 Wilson, Clara J	12	BWST-MV	1:33.65				
Heat 7 of 7 Finals Starts at 08:42 AM	1 Lanier, Sarah	12	BWST-MV	1:24.08	5 Hanes, Henry J	12	BWST-MV	1:24.05	3 Oyetunji, Teshale	11	UN-MV	1:26.05			
2 Gile, Corbin B	11	COOL-MV	NT	Heat 1 of 1 Finals Starts at 08:54 AM				4 Perry, Joelyn K	11	BWST-MV	1:28.70				
3 Thompson, Brynden T	11	FTLL-MV	1:38.29T	Heat 1 of 1 Finals Starts at 08:56 AM				5 Woolard, Rami C	12	BWST-MV	1:34.16				
4 Kohart, Devang	12	COOL-MV	NT	Heat 1 of 1 Finals Starts at 08:58 AM											
Heat 2 of 6 Finals Starts at 08:46 AM	1 Rider, Jack D	11	KCB-MV	1:36.93T	Heat 1 of 1 Finals Starts at 08:59 AM										
2 Reynolds, Kemper P	11	KCB-MV	1:32.24T	Heat 1 of 1 Finals Starts at 09:01 AM											
3 Hauswald, Tobl	11	KCB-MV	1:17.90T	Heat 1 of 1 Finals Starts at 09:03 AM											
4 Williams, Duke E	12	FTLL-MV	1:29.93T	Heat 1 of 1 Finals Starts at 09:05 AM											
5 Karstens, Caspian J	11	COOL-MV	1:33.04T	Heat 1 of 1 Finals Starts at 09:07 AM											
Heat 3 of 6 Finals Starts at 08:48 AM	1 Bartulica, Charlie P	12	KCSA-MV	1:11.84T	Heat 1 of 1 Finals Starts at 09:09 AM										
2 Panchal, Rishaan A	11	KCB-MV	1:33.77L	Heat 1 of 1 Finals Starts at 09:11 AM											
3 Landreth, Noah R	11	KCB-MV	1:21.90L	Heat 1 of 1 Finals Starts at 09:13 AM											
4 Wang, Xiaoguo	11	KCB-MV	1:25.76L	Heat 1 of 1 Finals Starts at 09:15 AM											
5 Force, Jackson R	12	COOL-MV	1:04.55T	Heat 1 of 1 Finals Starts at 09:17 AM											

#52 Women 11-12 100 SC Meter Freestyle				Heat 4 of 6 Finals Starts at 08:50 AM				Heat 3 of 6 Finals Starts at 09:06 AM												
Lane	Name	Age	Team	Seed	Lane	Name	Age	Team	Seed	Lane	Name	Age	Team	Seed	Time					
Heat 1 of 6 Finals Starts at 08:44 AM	1 Gile, Corbin B	11	COOL-MV	NT	1 Stolarsky, Sophia A	12	COOL-MV	NT	1 Stolarsky, Sophia A	12	COOL-MV	NT	1 Stolarsky, Sophia A	12	COOL-MV	NT				
2 Thompson, Brynden T	11	FTLL-MV	1:38.29T	2 Keim, Abby N	12	KCB-MV	1:44.82T	2 Keim, Abby N	12	KCB-MV	1:44.82T	2 Keim, Abby N	12	KCB-MV	1:44.82T	2 Keim, Abby N	12	KCB-MV	1:44.82T	
3 Thompson, Brynden T	11	FTLL-MV	1:38.29T	3 Flebig, Collina R	11	KCSA-MV	1:39.81T	3 Flebig, Collina R	11	KCSA-MV	1:39.81T	3 Flebig, Collina R	11	KCSA-MV	1:39.81T	3 Flebig, Collina R	11	KCSA-MV	1:39.81T	
4 Kohart, Devang	12	COOL-MV	NT	4 Hayter, Clara E	11	BWST-MV	1:43.55T	4 Hayter, Clara E	11	BWST-MV	1:43.55T	4 Hayter, Clara E	11	BWST-MV	1:43.55T	4 Hayter, Clara E	11	BWST-MV	1:43.55T	
Heat 2 of 6 Finals Starts at 08:46 AM	1 Rider, Jack D	11	KCB-MV	1:36.93T	5 Bullana, Clara M	11	BWST-MV	NT	5 Bullana, Clara M	11	BWST-MV	NT	5 Bullana, Clara M	11	BWST-MV	NT	5 Bullana, Clara M	11	BWST-MV	NT
2 Reynolds, Kemper P	11	KCB-MV	1:32.24T	Heat 2 of 6 Finals Starts at 09:04 AM				Heat 2 of 6 Finals Starts at 09:04 AM				Heat 2 of 6 Finals Starts at 09:04 AM				Heat 2 of 6 Finals Starts at 09:04 AM				
3 Hauswald, Tobl	11	KCB-MV	1:17.90T	1 Kutter, Annika G	12	KCB-MV	1:38.33T	1 Kutter, Annika G	12	KCB-MV	1:38.33T	1 Kutter, Annika G	12	KCB-MV	1:38.33T	1 Kutter, Annika G	12	KCB-MV	1:38.33T	
4 Williams, Duke E	12	FTLL-MV	1:29.93T	2 Plummer, Brouillette B	11	COOL-MV	1:37.47T	2 Plummer, Brouillette B	11	COOL-MV	1:37.47T	2 Plummer, Brouillette B	11	COOL-MV	1:37.47T	2 Plummer, Brouillette B	11	COOL-MV	1:37.47T	
5 Karstens, Caspian J	11	COOL-MV	1:33.04T	3 Barikmo, Kiley A	11	KCB-MV	1:30.81T	3 Barikmo, Kiley A	11	KCB-MV	1:30.81T	3 Barikmo, Kiley A	11	KCB-MV	1:30.81T	3 Barikmo, Kiley A	11	KCB-MV	1:30.81T	
Heat 3 of 6 Finals Starts at 08:48 AM	1 Bartulica, Charlie P	12	KCSA-MV	1:11.84T	4 Liu, Kaylee Y	12	KCB-MV	1:34.09T	4 Liu, Kaylee Y	12	KCB-MV	1:34.09T	4 Liu, Kaylee Y	12	KCB-MV	1:34.09T	4 Liu, Kaylee Y	12	KCB-MV	1:34.09T
2 Panchal, Rishaan A	11	KCB-MV	1:33.77L	5 Kingston, Audrey F	12	KCB-MV	1:38.21T	5 Kingston, Audrey F	12	KCB-MV	1:38.21T	5 Kingston, Audrey F	12	KCB-MV	1:38.21T	5 Kingston, Audrey F	12	KCB-MV	1:38.21T	
3 Landreth, Noah R	11	KCB-MV	1:21.90L																	
4 Wang, Xiaoguo	11	KCB-MV	1:25.76L																	
5 Force, Jackson R	12	COOL-MV	1:04.55T																	

#53 Women 15 & Over 100 SC Meter Freestyle				Heat 1 of 1 Finals Starts at 08:56 AM															
Lane	Name	Age	Team	Seed	Lane	Name	Age	Team	Seed	Time									
Heat 1 of 1 Finals Starts at 08:56 AM	1 Stolarsky, Sophia A	12	COOL-MV	NT	1 Stolarsky, Sophia A	12	COOL-MV	NT	1 Stolarsky, Sophia A	12	COOL-MV	NT							
2 Keim, Abby N	12	KCB-MV	1:44.82T	2 Keim, Abby N	12	KCB-MV	1:44.82T	2 Keim, Abby N	12	KCB-MV	1:44.82T	2 Keim, Abby N	12	KCB-MV	1:44.82T				
3 Flebig, Collina R	11	KCSA-MV	1:39.81T	3 Flebig, Collina R	11	KCSA-MV	1:39.81T	3 Flebig, Collina R	11	KCSA-MV	1:39.81T	3 Flebig, Collina R	11	KCSA-MV	1:39.81T				
4 Hayter, Clara E	11	BWST-MV	1:43.55T	4 Hayter, Clara E	11	BWST-MV	1:43.55T	4 Hayter, Clara E	11	BWST-MV	1:43.55T	4 Hayter, Clara E	11	BWST-MV	1:43.55T				
5 Bullana, Clara M	11	BWST-MV	NT	5 Bullana, Clara M	11	BWST-MV	NT	5 Bullana, Clara M	11	BWST-MV	NT	5 Bullana, Clara M	11	BWST-MV	NT				
Heat 2 of 6 Finals Starts at 09:04 AM	1 Kutter, Annika G	12	KCB-MV	1:38.33T	Heat 2 of 6 Finals Starts at 09:04 AM				Heat 2 of 6 Finals Starts at 09:04 AM				Heat 2 of 6 Finals Starts at 09:04 AM						
2 Plummer, Brouillette B	11	COOL-MV	1:37.47T	2 Plummer, Brouillette B	11	COOL-MV	1:37.47T	2 Plummer, Brouillette B	11	COOL-MV	1:37.47T	2 Plummer, Brouillette B	11	COOL-MV	1:37.47T	2 Plummer, Brouillette B	11	COOL-MV	1:37.47T
3 Barikmo, Kiley A	11	KCB-MV	1:30.81T	3 Barikmo, Kiley A	11	KCB-MV	1:30.81T	3 Barikmo, Kiley A	11	KCB-MV	1:30.81T	3 Barikmo, Kiley A	11	KCB-MV	1:30.81T	3 Barikmo, Kiley A	11	KCB-MV	1:30.81T
4 Liu, Kaylee Y	12	KCB-MV	1:34.09T	4 Liu, Kaylee Y	12	KCB-MV	1:34.09T	4 Liu, Kaylee Y	12	KCB-MV	1:34.09T	4 Liu, Kaylee Y	12	KCB-MV	1:34.09T	4 Liu, Kaylee Y	12	KCB-MV	1:34.09T
5 Kingston, Audrey F	12	KCB-MV	1:38.21T	5 Kingston, Audrey F	12	KCB-MV	1:38.21T	5 Kingston, Audrey F	12	KCB-MV	1:38.21T	5 Kingston, Audrey F	12	KCB-MV	1:38.21T	5 Kingston, Audrey F	12	KCB-MV	1:38.21T

#54 Women 15 & Over 400 SC Meter IM				Heat 1 of 1 Finals Starts at 09:02 AM															
Lane	Name	Age	Team	Seed	Lane	Name	Age	Team	Seed	Time									
Heat 1 of 1 Finals Starts at 09:02 AM	1 Stolarsky, Sophia A	12	COOL-MV	NT	1 Stolarsky, Sophia A	12	COOL-MV	NT	1 Stolarsky, Sophia A	12	COOL-MV	NT							
2 Keim, Abby N	12	KCB-MV	1:44.82T	2 Keim, Abby N	12	KCB-MV	1:44.82T	2 Keim, Abby N	12	KCB-MV	1:44.82T	2 Keim, Abby N	12	KCB-MV	1:44.82T				
3 Flebig, Collina R	11	KCSA-MV	1:39.81T	3 Flebig, Collina R	11	KCSA-MV	1:39.81T	3 Flebig, Collina R	11	KCSA-MV	1:39.81T	3 Flebig, Collina R	11	KCSA-MV	1:39.81T				
4 Hayter, Clara E	11	BWST-MV	1:43.55T	4 Hayter, Clara E	11	BWST-MV	1:43.55T	4 Hayter, Clara E	11	BWST-MV	1:43.55T	4 Hayter, Clara E	11	BWST-MV	1:43.55T				
5 Bullana, Clara M	11	BWST-MV	NT	5 Bullana, Clara M	11	BWST-MV	NT	5 Bullana, Clara M	11	BWST-MV	NT	5 Bullana, Clara M	11	BWST-MV	NT				
Heat 2 of 6 Finals Starts at 09:04 AM	1 Kutter, Annika G	12	KCB-MV	1:38.33T	Heat 2 of 6 Finals Starts at 09:04 AM				Heat 2 of 6 Finals Starts at 09:04 AM				Heat 2 of 6 Finals Starts at 09:04 AM						
2 Plummer, Brouillette B	11	COOL-MV	1:37.47T	2 Plummer, Brouillette B	11	COOL-MV	1:37.47T	2 Plummer, Brouillette B	11	COOL-MV	1:37.47T	2 Plummer, Brouillette B	11	COOL-MV	1:37.47T	2 Plummer, Brouillette B	11	COOL-MV	1:37.47T
3 Barikmo, Kiley A	11	KCB-MV	1:30.81T	3 Barikmo, Kiley A	11	KCB-MV	1:30.81T	3 Barikmo, Kiley A	11	KCB-MV	1:30.81T	3 Barikmo, Kiley A	11	KCB-MV	1:30.81T	3 Barikmo, Kiley A	11	KCB-MV	1:30.81T
4 Liu, Kaylee Y	12	KCB-MV	1:34.09T	4 Liu, Kaylee Y	12	KCB-MV	1:34.09T	4 Liu, Kaylee Y	12	KCB-MV	1:34.09T	4 Liu, Kaylee Y	12	KCB-MV	1:34.09T	4 Liu, Kaylee Y	12	KCB-MV	1:34.09T
5 Kingston, Audrey F	12	KCB-MV	1:38.21T	5 Kingston, Audrey F	12	KCB-MV	1:38.21T	5 Kingston, Audrey F	12	KCB-MV	1:38.21T	5 Kingston, Audrey F	12	KCB-MV	1:38.21T	5 Kingston, Audrey F	12	KCB-MV	1:38.21T

#55 Men 11-12 100 SC Meter IM				Heat 1 of 1 Finals Starts at 09:02 AM											
Lane	Name	Age	Team	Seed	Lane	Name	Age	Team	Seed	Time					
Heat 1 of 1 Finals Starts at 09:02 AM	1 Stolarsky, Sophia A	12	COOL-MV	NT	1 Stolarsky, Sophia A	12	COOL-MV	NT	1 Stolarsky, Sophia A	12	COOL-MV	NT			
2 Keim, Abby N	12	KCB-MV	1:44.82T	2 Keim, Abby N	12	KCB-MV	1:44.82T	2 Keim, Abby N	12	KCB-MV	1:44.82T	2 Keim, Abby N	12	KCB-MV	1:44.82T
3 Flebig, Collina R	11	KCSA-MV	1:39.81T	3 Flebig, Collina R	11	KCSA-MV	1:39.81T	3 Flebig, Collina R	11	KCSA-MV	1:39.81T	3 Flebig, Collina R	11	KCSA-MV	1:39.81T
4 Hayter, Clara E	11	BWST-MV	1:43.55T	4 Hayter, Clara E	11	BWST-MV	1:43.55T	4 Hayter, Clara E	11	BWST-MV	1:43.55T	4 Hayter, Clara E	11	BWST-MV	1:43.55T
5 Bullana, Clara M	11	BWST-MV	NT	5 Bullana, Clara M	11	BWST-MV	NT	5 Bullana, Clara M	11	BWST-MV	NT	5 Bullana, Clara M	11	BWST-MV	NT
Heat 2 of 6 Finals Starts at 09:04 AM	1 Kutter, Annika G	12	KCB-MV	1:38.33T	Heat 2 of 6 Finals										

# PART II: SWIM MEET 101



## How to Read a Heat Sheet (Meet Mobile)

This is  
your  
Event #

This is  
your  
Heat #

This is  
your  
Lane #

The screenshot shows the "EVENT DETAILS" screen for "Girls 10&U 100 Yard Free". It lists 7 heats with 49 swimmers, starting at 8:39 AM. The "Finals - Heat sheet" is expanded for "Heat 1".

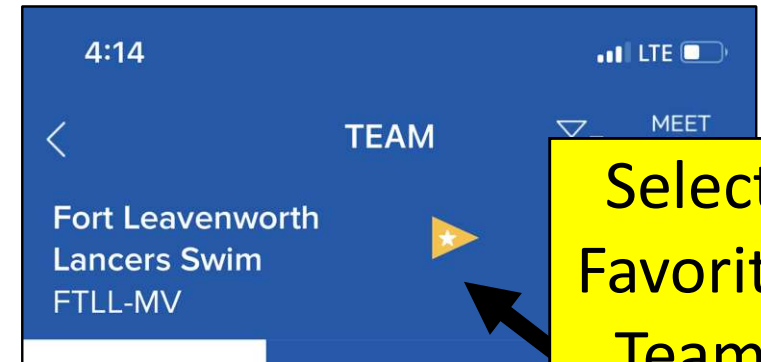
Lane	Swimmer	Team	NT	ENTRY TIME
Lane 3	Sophia Li	BLST-BD   7	NT	ENTRY TIME
Lane 4	Rylie Croucher	WETT-BD   7	NT	ENTRY TIME
Lane 5	Sofie Bongiorno	BAT-BD   7	NT	ENTRY TIME

Heat 2 is also visible below:

Lane	Swimmer	Team	NT	ENTRY TIME
Lane 2	Alondra Gallo	DSSC-BD   8	NT	ENTRY TIME

At the bottom, it says "Last updated 8:50 PM" and has a refresh icon. The navigation bar includes HOME, FAVORITES, SHARE, and MORE.

**Pro Tip:** In Meet Mobile, you can identify 'favorite swimmers' and 'team' and then see their full schedule for the meet on 1 screen rather than each event individually.



Select  
Favorite  
Team



Select  
Favorite  
Swimmers

# PART II: SWIM MEET 101



## TIME STANDARDS / QUALIFICATION TIMES

1. Missouri Valley League Times (**these will adjust every season**)

[Missouri Valley Swimming LSC - Time Standards \(teamunify.com\)](https://teamunify.com)

**TIMES: DISTRICT, BONUS, CHAMPS**

SCY		SCM		LCM		11-12	LCM		SCM		SCY	
Districts	Champs	Districts	Champs	Districts	Bonus		Champs	Bonus	Districts	Champs	Districts	Champs
33.59	28.29	37.39	31.39	38.19	33.99	50 Free	32.99	34.59	37.99	31.49	37.19	33.59
01:13.29	01:02.09	01:21.39	01:08.89	01:22.89	01:14.79	100 Free	01:12.59	01:16.29	01:22.89	01:09.29	01:21.29	01:13.19
02:29.59	02:16.59	02:45.99	02:31.59	02:49.19	02:44.79	200 Free	02:39.09	02:46.99	02:48.29	02:32.19	02:45.09	02:28.69
06:44.09	06:08.19	05:53.59	05:19.39	06:00.69	05:53.09	400/500 Free	05:38.99	05:55.89	05:56.29	05:22.29	05:49.29	06:11.59
39.49	33.09	43.79	36.69	44.39	40.59	50 Back	39.39	41.29	48.19	37.49	45.59	33.79
01:24.39	01:10.89	01:33.69	01:18.69	01:34.89	01:27.49	100 Back	01:26.29	01:30.59	01:41.39	01:20.39	01:40.19	01:30.29
	02:42.89		02:47.29		03:12.29	200 Back	03:25.59	03:35.79		02:43.49		03:03.09
43.79	37.89	48.69	41.99	49.69	46.39	50 Breast	45.59	47.79	53.29	42.39	49.29	38.19
01:35.39	01:22.49	01:45.89	01:31.49	01:47.89	01:41.69	100 Breast	01:36.29	01:43.19	01:48.89	01:33.29	01:46.89	01:24.09
	03:09.29		03:12.39		03:44.79	200 Breast	03:47.69	03:59.99		03:04.59		03:24.29
37.39	31.49	41.39	34.89	42.19	37.99	50 Fly	37.49	39.29	43.79	35.79	43.09	32.29
01:29.89	01:12.89	01:39.79	01:20.89	01:41.19	01:29.99	100 Fly	01:27.59	01:31.69	01:41.29	01:21.99	01:39.89	01:13.89
	03:15.69		03:23.69		03:36.89	200 Fly	03:22.39	03:32.49		03:19.59		02:59.89
02:49.99	02:34.49	03:08.69	02:51.49	03:11.89	03:07.49	200 IM	03:02.39	03:11.39	03:12.69	02:54.19	03:09.49	02:36.99
					02:15.89	200 Free Relay	02:18.29					
					04:59.09	400 Free Relay	05:05.09					
					02:38.89	200 Medley Relay	02:43.19					
SCY		SCM		LCM		13-14	LCM		SCM		SCY	
Districts	Champs	Districts	Champs	Districts	Bonus		Champs	Bonus	Districts	Champs	Districts	Champs

2. National Age Group Motivational Times

[2028-motivational-standards-age-group.pdf \(websitesdevsa.blob.core.windows.net\)](https://websitesdevsa.blob.core.windows.net/2028-motivational-standards-age-group.pdf)

**TIMES: B, BB, A, AA, AAA, AAAA**

USA Swimming 2024-2028 Motivational Standards												
8/20/2024 1:21:39 AM												
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
10 & under Girls						10 & under Boys						
39.79 *	35.99 *	32.09 *	30.89 *	29.59 *	28.29 *	50 FR SCY	27.49 *	26.69 *	29.89 *	31.09 *	34.59 *	38.19 *
30.79 *	1:21.09 *	1:11.49 *	1:08.29 *	1:04.99 *	1:01.79 *	100 FR SCY	1:00.69 *	1:03.79 *	1:06.79 *	1:09.79 *	1:18.80 *	1:27.99 *
22.79 *	3:00.59 *	2:38.39 *	2:30.99 *	2:23.59 *	2:16.19 *	200 FR SCY	2:12.69 *	2:18.99 *	2:25.29 *	2:31.59 *	2:50.59 *	3:09.49 *
36.69 *	7:45.09 *	6:53.39 *	6:36.19 *	6:18.99 *	6:01.69 *	500 FR SCY	5:52.99 *	6:09.79 *	6:26.59 *	6:43.39 *	7:33.79 *	8:24.29 *
48.59 *	43.29 *	37.99 *	36.19 *	34.39 *	32.59 *	50 BK SCY	32.19 *	33.99 *	35.79 *	37.59 *	42.89 *	48.29 *
45.79 *	1:33.99 *	1:22.29 *	1:18.39 *	1:14.49 *	1:10.59 *	100 BK SCY	1:08.99 *	1:12.49 *	1:16.09 *	1:19.59 *	1:30.09 *	1:40.69 *
54.59 *	48.69 *	42.79 *	40.89 *	38.89 *	36.89 *	50 BR SCY	36.39 *	38.29 *	40.19 *	42.09 *	47.69 *	53.39 *
1:00.29 *	1:46.89 *	1:33.59 *	1:29.09 *	1:24.69 *	1:20.19 *	100 BR SCY	1:18.79 *	1:22.69 *	1:26.59 *	1:30.59 *	1:42.29 *	1:54.09 *
48.39 *	42.69 *	36.99 *	35.09 *	33.19 *	31.29 *	50 FL SCY	30.79 *	32.59 *	34.29 *	35.99 *	41.29 *	46.49 *
56.69 *	1:41.39 *	1:26.09 *	1:20.99 *	1:15.99 *	1:10.89 *	100 FL SCY	1:09.79 *	1:14.59 *	1:19.49 *	1:24.39 *	1:38.99 *	1:53.49 *
44.29 *	1:33.19 *	1:22.09 *	1:18.39 *	1:14.69 *	1:10.99 *	100 IM SCY	1:09.79 *	1:13.09 *	1:16.39 *	1:19.69 *	1:29.69 *	1:39.69 *
42.09 *	3:18.79 *	2:55.49 *	2:47.69 *	2:39.99 *	2:32.19 *	200 IM SCY	2:30.89 *	2:38.39 *	2:45.89 *	2:53.49 *	3:15.99 *	3:38.59 *
53.19 *	2:35.89 *	2:18.59 *	2:12.79 *	2:06.99 *	2:01.19 *	200 FR R SCY	2:00.19 *	2:05.89 *	2:11.59 *	2:17.29 *	2:34.49 *	2:51.69 *
1:14.99 *	2:55.49 *	2:35.99 *	2:29.49 *	2:22.99 *	2:16.49 *	200 MED-R SCY	2:15.89 *	2:21.79 *	2:28.29 *	2:34.69 *	2:53.99 *	3:13.39 *

If you don't understand the next 2 slides, don't worry about it.  
You're new and it takes time to understand the time standards.

# PART II: SWIM MEET 101



## Missouri Valley Times:

Girls 2							10 & Under 2	Boys						
SCY		SCM		LCM 1		LCM			SCM		SCY			
Districts	Champs	Districts	Champs	Districts 5	Bonus	Champs	Champs	Bonus	Districts	Champs	Districts	Champs	Districts	
38.09	33.69	42.29	36.39	43.09 4	39.49	37.69	50 Free 3	37.89	39.69	43.89	36.59	43.09	33.99	38.79
01:28.39	01:15.89	01:38.09	01:20.99	01:39.69	01:29.49	01:25.29	100 Free	01:25.89	01:30.09	01:39.49	01:21.89	01:37.89	01:16.29	01:28.19
03:02.59	02:48.99	03:22.69	02:59.59	03:25.89	03:18.99	03:09.59	200 Free	03:08.49	03:17.89	03:26.39	03:01.49	03:23.19	02:49.89	03:02.99
	06:22.69		06:42.09		07:23.19	07:02.09	400 Free	06:51.69	07:12.19		06:36.09		06:27.29	
46.89	40.59	52.09	42.89	52.69	47.49	45.29	50 Back	46.49	48.79	51.99	43.79	51.39	40.99	46.29
01:46.29	01:27.99	01:57.99	01:32.69	01:59.19	01:43.59	01:38.69	100 Back	01:40.69	01:45.69	02:01.39	01:35.09	02:00.19	01:28.99	01:48.19
53.49	45.89	59.39	48.89	01:00.39	54.79	52.19	50 Breast	49.19	51.59	01:00.49	49.79	01:00.5	46.59	54.49
01:57.99	01:40.39	02:10.09	01:48.19	02:12.99	02:01.29	01:55.59	100 Breast	01:59.39	02:05.29	02:15.69	01:50.19	02:13.69	01:41.79	02:00.49
48.69	39.79	54.09	42.09	54.69	48.69	46.39	50 Fly	46.99	49.29	54.89	43.19	54.19	42.09	48.79
01:47.69	01:38.59	01:59.49	01:42.39	02:14.79	02:06.19	02:00.19	100 Fly	02:00.79	02:06.79	02:10.69	01:44.59	02:00.59	01:42.39	01:48.59
03:15.79	03:14.79	03:37.39	03:22.29	03:40.59	03:40.49	03:35.09	200 IM	03:40.79	03:51.79	03:54.69	03:25.59	03:42.49	03:14.39	03:20.49
							Mixed Free Relay							
							02:38.29							
							Mixed Medley Relay							
							03:09.79							
						02:37.89	200 Free Relay	02:38.69						
						03:10.39	200 Medley Relay	03:09.29						
SCY		SCM		LCM			11-12	LCM			SCM		SCY	
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	Districts

Example during LCM <sup>1</sup>

10 year old girl <sup>2</sup>) swam a 50 Free <sup>3</sup> in 42.10 seconds <sup>4</sup> earning a District time <sup>5</sup>

In General (caveats aside):

District Time: Swimmer can swim that event at the District Meet (granted they are still same age)

Champs Time: Swimmer can swim that event at the Champs Meet + Events with Bonus Times

# PART II: SWIM MEET 101



## NATIONAL AGE GROUP MOTIVATIONAL TIMES

### USA Swimming 2024-2028 Motivational Standards

8/29/2024 1:21:39 AM

8/29/2024 1:21:39 AM						98%	94%	92%	85%	5	65%	45%
B	BB	A	AA	AAA	AAAA	AAAA	AAA	AA	A	BB	B	
10 & under Girls						Event	10 & under Boys					
39.79 *	35.99 *	32.09 *	30.89 *	29.59 *	28.29 *	50 FR SCY	27.49 *	28.69 *	29.89 *	31.09 *	34.59 *	38.19 *
1:30.79 *	1:21.09 *	1:11.49 *	1:08.29 *	1:04.99 *	1:01.79 *	100 FR SCY	1:00.69 *	1:03.79 *	1:06.79 *	1:09.79 *	1:18.99 *	1:27.99 *
3:22.79 *	3:00.59 *	2:38.39 *	2:30.99 *	2:23.59 *	2:16.19 *	200 FR SCY	2:12.69 *	2:18.99 *	2:25.29 *	2:31.59 *	2:50.99 *	3:09.49 *
8:36.69 *	7:45.09 *	6:53.39 *	6:36.19 *	6:18.99 *	6:01.69 *	500 FR SCY	5:52.99 *	6:09.79 *	6:26.59 *	6:43.39 *	7:33.99 *	8:24.29 *
48.59 *	43.29 *	37.99 *	36.19 *	34.39 *	32.59 *	50 BK SCY	32.19 *	33.99 *	35.79 *	37.59 *	42.89 *	48.29 *
1:45.79 *	1:33.99 *	1:22.29 *	1:18.39 *	1:14.49 *	1:10.59 *	100 BK SCY	1:08.99 *	1:12.49 *	1:16.09 *	1:19.59 *	1:30.09 *	1:40.69 *
54.59 *	48.69 *	42.79 *	40.89 *	38.89 *	36.89 *	50 BR SCY	36.39 *	38.29 *	40.19 *	42.09 *	47.69 *	53.39 *
2:00.29 *	1:46.89 *	1:33.59 *	1:29.09 *	1:24.69 *	1:20.19 *	100 BR SCY	1:18.79 *	1:22.69 *	1:26.59 *	1:30.59 *	1:42.29 *	1:54.09 *
48.39 *	42.69 *	36.99 *	35.09 *	33.19 *	31.29 *	50 FL SCY	30.79 *	32.59 *	34.29 *	35.99 *	41.29 *	46.49 *
1:56.69 *	1:41.39 *	1:26.09 *	1:20.99 *	1:15.99 *	1:10.89 *	100 FL SCY	1:09.79 *	1:14.59 *	1:19.49 *	1:24.39 *	1:38.99 *	1:53.49 *
1:44.29 *	1:33.19 *	1:22.09 *	1:18.39 *	1:14.69 *	1:10.99 *	100 IM SCY	1:09.79 *	1:13.09 *	1:16.39 *	1:19.69 *	1:29.69 *	1:39.69 *
3:42.09 *	3:18.79 *	2:55.49 *	2:47.69 *	2:39.99 *	2:32.19 *	200 IM SCY	2:30.89 *	2:38.39 *	2:45.89 *	2:53.49 *	3:15.99 *	3:38.59 *
2:53.19 *	2:35.89 *	2:18.59 *	2:12.79 *	2:06.99 *	2:01.19 *	200 FR-R SCY	2:00.19 *	2:05.89 *	2:11.59 *	2:17.29 *	2:34.49 *	2:51.69 *
3:14.99 *	2:55.49 *	2:35.99 *	2:29.49 *	2:22.99 *	2:16.49 *	200 MED-R SCY	2:15.39 *	2:21.79 *	2:28.29 *	2:34.69 *	2:53.99 *	3:13.39 *

Example during SCY. 1

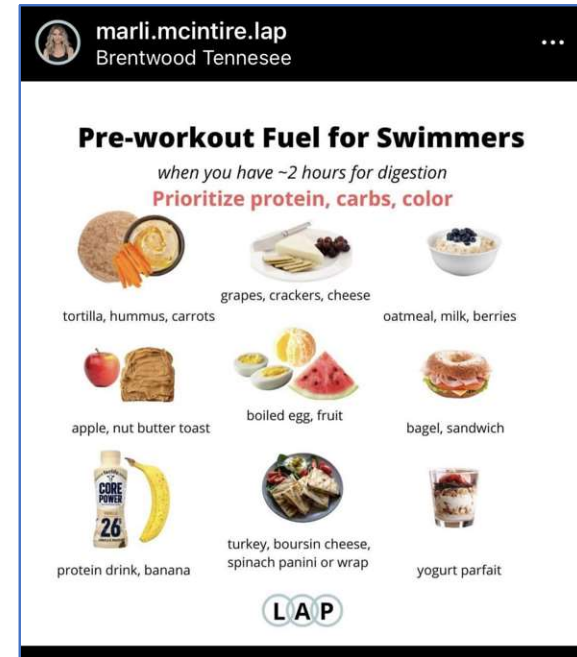
9 year old boy 2 swam a 50 Breast 3 in 46.10 seconds 4 earning a BB time 5

National Age Group Times use AAAA (fastest), AAA, AA, A, BB, & B

# PART II: SWIM MEET 101

## Parent Tips

- Warm-Up times will be posted a day or two out. Plan to arrive at least 15 minutes prior to Warm-Ups to get settled. Check in with the coach so they know you're there. **Warm-ups are not optional; they are crucial to your swimmer.**
- Let the coaches coach. You get to be the cheerleader!
- If you are a timer, or think you might be a timer, wear shoes that can get wet (or be prepared to take them off). Most meets require Teams to give timers. This is great opportunity to rack up volunteer hours.
- Dress in layers. Natatoriums are hot and humid places. Especially true in Winter.
- Make sure your kids EAT & DRINK!



# Questions?

