

Welcome to your FIRST SWIM MEET!

You'll be a pro in no time – we have tried to put everything you need to know about swim meets in this packet to help get you started.

This may seem like a lot, but don't worry, after these first couple of meets you will start to get the hang of it!

Before you start reading, download the Meet Mobile app on your phone

***Not required – but strongly recommended – subscription required (more info further on)**

Once you arrive at the meet

- For some of our intrasquad (SCSC only) & dual (SCSC + one other team) meets, swimmers will sit on the pool deck and/or a designated section of the bleachers. For this meet, your swimmer should sit next to their group/coach.
 - At other meets, look for familiar faces, or families wearing SCSC apparel, or a SCSC coach.
 - At many away meets, and larger SCSC meets, swimmers will sit in a crash room. A crash room is usually a gymnasium a short distance away from the pool where swimmers and their families sit between races.
 - Some meets, like most SCSC meets, will have a livestream and/or announcer in the crash room. At other meets you will need to keep track of which event/heat swimmers are on
- Some meets will charge an admission fee and some will charge for programs/heat sheets and/or both. SCSC accepts cash and card at our home meets. Most host teams do not accept credit card so be prepared with cash (don't forget about concessions too).
- Your swimmers' next step is to find their coach (at meets without a crash room swimmers should sit by the coaches).
 - At other meets, swimmers should look for a coach from SCSC, who will be wearing a SCSC shirt.
 - At SCSC home meets, usually most, if not all SCSC coaches are at the meet. At away meets, there may only be 1-2 coaches who are not your child's regular practice coach.
- Your next step as a parent is to look through the program or heat sheet (same thing, two names).
- Reminder: Parents/Siblings/Spectators are NOT allowed on the pool deck unless volunteering**

Understanding the heat sheet/program

- Heat sheets are listed by event. Look for the event number which is followed by the event gender/age/distance/stroke (ex. Event 1 Girls 8 & Under 25yd Freestyle)
 - At some meets, some events do not have swimmers in every event so the program will show some event numbers being skipped. Make sure your swimmer is aware of this.
- Find your swimmers' events. If you do not know what they are swimming you can look under the meet in the OnDeck app.
- Once you locate your child, look at the heat number. That is the amount of races (heats) in that event. Some meets will 'seed' (place) swimmers from fastest to slowest, or slowest to fastest.
- The numbers below the heat represent the lanes.
- The team column is the swimmers' team. Our team is SCSC-MW.
- A seed time is the time your swimmer was entered with
 - 'NT' means no time = they don't have a time in the event yet.
- You should now have their event, heat and lane.

Event 23 Girls 9-10 50 Yard Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1	Lee, Iris	10	FSM	50.30
2	Kerschner, Olivia	10	BEAVE	44.54
3	Santos, Annika	10	BEAVE	40.26
4	Hoeschen, Taylor	9	CHRGB	40.86
5	Madson, Olivia	9	PINK	47.21
6	Ostlund, Nora	10	FSM	51.08
Heat 2 of 2 Finals				
1				
2	Kistler, Sienna	9	PINK	NT
3	Cieslik, Meredith	10	MONSW	58.19
4	Rothermund, Audrey	10	KRAKE	1:00.60
5	Zavaleta, Emma	9	CHRGB	NT
6				

PRO TIP: HIGHLIGHT YOUR SWIMMERS' NAME SO YOU DON'T MISS THEIR RACE AND CAN FIND THEIR INFORMATION QUICKLY.

Time to 'mark your swimmer'

- This is only a suggestion – feel free to do it the way the best fits' your swimmer
- The recommended & most popular way:
 - Using a sharpie, make a chart on your swimmers' arm.
 - At the top, write 'E', 'H', 'L', 'S'.
 - Underneath those, you will write your swimmers' first event number under the 'E' column. Next write the heat number the 'H' column, followed by the lane in the 'L' column, and lastly under the 'S' (stroke) column, write the event distance (25/50/100/200) and stroke.



It should look like this:

E	H	L	S
3	1	5	25 Free
9	2	2	100 Back
32	1	3	50 Breast

It is ultimately the swimmers' responsibility to get to their event on time. The SCSC coaches will make their best effort to locate your child but it is not always possible. If your swimmer misses their event, they need to talk to their coach immediately. Sometimes it is possible for them to swim in a following heat, but it is not always possible as it is up to the meet referee.

Warmups

- After you mark your swimmer, wait for your swimmers' warmup time. The latest/correct warmup time is sent prior to the meet in a pre-meet information email from Janet Cho.
- Swimmers should find their coach at least ten minutes prior to warmup, and get ready to warmup with the team.
- During this time, swimmers will complete a meet warmup to get ready for the meet.
- After the last warmup session, there will be at least 10 minutes before the meet starts; during this time,
 - Swimmers should:
 - (A) get ready for their race if they are in one of the first events, or
 - (B) dry off, stay warm and get ready for their later races. This includes hydrating and a light snack if needed.

Race Time – Part 1

- Most pools will have a scoreboard that displays the current event and heat.
- Swimmers need to talk to their coach prior to their race. **This is not a suggestion, it is a requirement.**
 - Swimmers should do this at a minimum of **(10) minutes prior to their race**. This also ensures that they are on the pool deck and reduces the chances of missing their race.
- After talking to their coach, swimmers will report to their lane behind the blocks and wait for their event/heat.
 - Some timers will 'check-in' swimmers to their lane, meaning, they make sure the swimmer is in the correct lane and knows when to swim. Not all meets/timers do this. Again, it is the swimmers' responsibility to be in the correct lane/heat.
 - At SCSC home meets, we will typically have 'bullpen shepherds' who help your swimmer get to the blocks on time and in the right place, again, not all meets will have this.

Race Time – Part 2

- After getting behind the blocks:
 - The meet referee will blow their whistle in multiple short blasts, this means swimmers should be ready for their race behind the blocks. This includes having goggles on, cap on, and suit tied
 - Shortly after, there will be a long whistle, this is when swimmers step up on the blocks
 - If your swimmer is not diving from the blocks – they can dive from the side
 - The starter will say ‘take your marks’ – swimmers should assume the starting position. Any forward movement (like rocking) from this point to the ‘beep’ can result in a “DQ” (disqualification).
 - Sometimes starters may say ‘stand up’ or ‘stand please’ meaning they will have all swimmers restart the ‘take your marks’ process.
 - Next comes the ‘beep’ (horn) and strobe light, this is when swimmers dive in.

Race Time – Part 3

- After diving in, swimmers will complete the event distance and stroke.
- Timers, touchpads and backup buttons, also known as ‘pickles’ or ‘plungers’, record your swimmers’ time.
- **Disqualifications – DQ’s**
 - Your swimmer may be ‘DQ’d’ at some point. This happens to every swimmer and is nothing to be upset about. Your swimmer is learning, even Olympians still get disqualified.
 - If this happens, your swimmers’ coach may notify your swimmer, or you will see it listed in meet mobile.
 - Processing a DQ can take a little bit of time – sometimes their time will show before the DQ is entered in meet mobile
 - Again, this is nothing to be upset about
 - Make it a learning experience, and take your swimmer to Dairy Queen :) (DQ=DQ). 
 - Your swimmers’ coaches will work with them on practice to fix this issue.
 - It may take time to fix the problem, and there may be multiple DQ’s in the same stroke.
 - Keep encouraging your swimmer, and push them to keep swimming that stroke.
 - Disqualifications – Why & How
 - There are many ‘technical rules’ of swimming. Certified meet officials know these rules through a training clinic, test, apprenticing with an experienced official and continuing education.
 - *Common ways swimmers may be disqualified*
 - Freestyle: Not touching the wall on the turn (50’s & above), grabbing the lane rope and pushing off, pushing off the bottom of the pool and making forward progress.
 - Backstroke: Not touching the wall at the finish/turn on their back, flipping on to their front.
 - Breaststroke: Alternating kick, not touching with two hands.
 - Butterfly: Alternating kick, not touching with two hands, non-simultaneous arms.

Race finish/after the race

- Once your swimmer touches the wall, most meets will have them stay in the water until the next heat starts. These are called 'fly over starts'.
 - Good sportsmanship at swim meets includes staying in the water until ALL swimmers have finished.
- During backstroke, swimmers will get out of the pool immediately so the next heat can get in.
- **Swimmers must go talk to their coach immediately after the race. Again, this is a requirement**, not a suggestion. Even our oldest swimmers do this, help your swimmer get in this habit before/after races.
- Once your swimmer returns to the crash area/seating area/comes to see you – be positive!
 - Not all races are going to be their best race, but it is important to support them.
- Your swimmer should dry off, rehydrate and get ready for their next event.
- Unless otherwise noted, swimmers are free to leave the meet after their last race. Swimmers **MUST** notify the coaches that they are leaving.

Results

- **Meet Mobile App**
 - Available on App Store & Google Play
 - Monthly and annual subscription available
- Most swim meets will upload results instantly or almost instantly to meet mobile.
- Sometimes meet names will not always be the same – so try searching by the host teams abbreviation.
 - Ex. The SCSC Cup will not show in meet mobile, it will be SCSC Intrasquad
 - You could also search SCSC
 - Or find the meet by location under 'near me'
- Lots of great information can be found in the app.



After attending a few swim meets, this will become easier every time!

If you have any further questions, check out the parent resources on our TeamUnify site, ask an experienced parent, contact your swimmers' coach or Janet Cho.

If your swimmer is no longer able to attend a meet or will be late to warmups, please notify Janet Cho at janet@sarpycountyswimclub.com IMMEDIATELY so that coaches can be notified.