

Below is helpful information to help guide you through a swim meet. You will learn how to register, what to bring, what to expect, and where to find results.

Basic Registration Information

For all meet registration: Do it online on our website www.riptideparents.com

Go to Meets/Events - Select "Attend/Decline" for each meet offered to your swimmers training group (Prep, Freshman, Sophomore, Junior, Senior B, Senior A) or age group.

LSC Organization: **NJ** Club CODE: **TAC** Club Name: **The Atlantic Club Riptide**

USA Swimming Registration Number

Each swimmer has a 14-digit personal USAS number. In this order: swimmers 6-digit birth date, 3 first letters of swimmers first name, middle initial and 4 first letters of swimmers last name; **MMDDYYFFMLLLL**

What to bring to the meet

- You should bring at least 2 swim suits. TEAM SUIT/CAP REQUIRED.
- 2 new pairs of goggles or meet goggles.
- At least 2 Towels
- 2 changes of clothes; one for putting over wet suits and one dry set.
- A sleeping bag or blanket.
- Fold up chairs to sit in – only if allowed by facility – this is on the meet information
- Cooler for snacks, such as Gatorade, water, fruit, bagels. There most likely is a snack bar. But don't rely on the venue to keep nourished.
- Books, cards, homework. There is a lot of time between events, so be prepared to have something to do.
- YOU MUST WEAR SHOES/FLIPS AT ALL TIME. They keep the feet warm and safe. AT THE SWIM MEET

Check-In

- **Arrive 15 minutes prior to warmup.** The first thing each swimmer must do is **CHECK-IN with the coach**, usually on deck.
- If you fail to check-in you will not be able to swim.
- It is a good idea to use a permanent marker and write each event # on the swimmer's hand for the day of the swim meet.
- They will call out the event #'s throughout the day.
- If you are running late remember that the close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event. Text the coach and include your swimmers name if your running late.
- Swimmers must then be ready to WARM-UP.
- If a swimmer misses warm up, they will not get a warm up
- Meet Warm-up is different from practice warm-up, do the appropriate warm up for the group you are in. You must follow all the rules of warm-up, there can be up to 25 kids in one lane.
- Swimmers MUST JUMP IN FEET FIRST FOR WARM UP. Dive's/Pace can only be done with the presence of your swim coach only. They usually allow 30min. of dive practice towards the end of the warm-up period.
- Swimmers can only swim in one direction in the dive lane.

Seeding Events

Meets are seeded (put together with assigned heats and lanes) at the pool, meaning as the swimmers check in and the event is closed, the events will be seeded by entry times so swimmers will swim with other swimmers of similar times.

Swim Meet Rules for TAC Riptide Swimmers

- Prep, Freshman and Sophomore swimmers will be sent to the blocks by their coaches. Please don't go to the blocks for your race without your coaching knowing.
- Junior, Senior B and Senior A swimmers **MUST** check in with their coach before going to the block for their race. This is the time when the swimmer can ask any questions about the race and for the coach to give some advice. It is the responsibility of the swimmer to be prepared and behind the blocks for their races.
- Heat and Lane: The heat is a group of swimmers in one event. There is only enough space for 6-10 swimmers to swim in each heat. The Lane is the designated place for the swimmer to show up and swim.
- The swimmer should be ready to swim before their event begins. So, if you are event #2, heat 1, lane 5, you need to be ready behind the timers during event #1. This means, cap/goggles/suit on and ready to go. The starter will not wait for you to adjust yourself, make sure that everything is taken care of in advance.
- After the race, the swimmer must do a cool down in the cool down area, if available. Cool down rules are as follows:

| Race | Cool down |
|------------|-----------|
| 25yds | 100 yds. |
| 50yds | 200 yrs. |
| 100yds | 200 yds. |
| 200-500yds | 250 yrs. |

- **ALWAYS GO** back to your coach **AFTER** each race. It is important to discuss each race with your coach, to talk about the good, the bad and anything else. Text/write down what the coach told you so you can work on making improvements in practice.

if you miss your race

Penalty for Failure to Compete: If you miss your event (miss the race/do not show up to the blocks) you will not be penalized unless the meet is a trial and finals or high-ranking meet. If there are any remaining heats left in the event you may be able to swim again if there is a spot open and after you see the starter (official at the starting blocks area). If there are any penalties, it will generally be noted in the meet information what the penalties are if any.

Parent Obligation

Depending on the nature of the meet, a parent may need to volunteer to time for a given amount of time, usually 1 – 2 hours. To sign up to time, go to our website www.riptideparents.com and click on "meets/events". Under the meet click on "**job sign up**". Please be prepared to help us run a smooth meet. Each team will be required to bring a certain number of officials per swimmers. Parents interested in becoming an official can contact Coach Stephanie.

Meet Results

All results are posted soon after each event in an area by the spectator area. You can also find results after the meet on our website riptideparents.com, and often on the "meet mobile" app. Meet Mobile is NOT the final results. The final results will be sent to the head coach and posted on line. Usually the events are split between boys and girls. Awards will be handed out by the coaches during practice following the meet. All results will be posted on-line at the web sites below. All swimmers BEST TIMES are kept there.

www.riptideparents.com

Basic Racing Rules

All meets are officiated with stroke mechanic rules.

- A swimmer can be disqualified if they make a mistake during swimming. Here are a few things that they will watch for.
- DIVE/START Listen to the starter, he will tell you what to do. One long whistle means it is clear to step up on the diving block. Steady yourself upright and come down and hold on his mark. The starter will not wait for you so BE READY.
 - ***Make sure you know your race before you start to swim.
 - ***Doing the wrong stroke is cause for disqualification.
- BUTTERFLY
 - *Must do a 2- hand touch on all walls.
 - *Cannot flutter(alternate) the kick.
 - *Arms must recover over the water.
- BACKSTROKE
 - *Must stay on your back all the way to the wall. Only exception is when doing a back -> back flip turn. You must finish the race on your back into the wall.
 - *You can only take one freestyle stroke into the flip turn. The turn cannot be slow, it must continue in one motion.
 - *KNOW YOUR STROKE COUNT FROM THE FLAGS.
- BREASTSTROKE
 - *2 hand touch on every wall.
 - *Hands cannot pull down past your waistline.
 - *Underwater pull- allowed one full arm pull down, and reach up with one kick.
- FREESTYLE
 - *Must stay in motion without hesitation and not change stroke.
- I.M.
 - *Make sure to know the turns into the next stroke. DO NOT flip on your stomach from Back to Breast.