

Swim Meet 101

Tips for keeping the whole family (you, your swimmer, and their siblings) happy and prepared at a swim meet



Packing list for your swimmer

Must haves:

- Competition suit
- Cap
- Goggles
- Towel
- Water bottle
- Snacks
- Sunscreen

Great to have:

- A spare of all the "must haves"
- Parka or robe to stay warm
- Deck shoes
- Something to do between events (playing cards, books, quiet games, headphones)
- Sharpies

At USA Swimming meets, swimmers will sit on deck with the coaches. At Y/WOAL meets the team "camp" is usually in a gym or grassy area (outdoors), this adds extra things to consider:

- Blanket to spread on the floor
- Additional warm clothing (gym will be colder than pool deck)
- Since they can't watch other races, even more things to do between events (Uno, Mancala, Coloring books, etc.)
- Gym camps make it easier to pack a cooler and have other snack options (yogurt, deli meat, cheese sticks, etc.)

Healthy, not messy, quick fuel snack ideas:

- Granola bars, trail mix (if your swimmer is old enough not to spill it all over the deck), jerky/beef sticks
- Dried fruit, fruit snacks, apple sauce, fruit and veggie squeeze pouches, veggie sticks
- Crackers, pretzels, bagels, peanut butter packets, oat bars
- Shelf-stable milk boxes/protein shakes, possibly an electrolyte replacement drink depending on length of swims and meet

Packing list for the rest of the family

Must haves:

- The willingness to volunteer (timer is the most common)
 - Sandals can be helpful. If you are timing correctly, you will get wet.
- Patience – swim meets can get loooong. USA Swimming meets are restricted to 4-hour sessions. YMCA Invitationals can last all day.
- Sharpies and highlighters
- Dress in layers. Pools are muggy, gyms can be cold.
- Snacks and water bottles
- Extra snacks (this wasn't a typo)
- Sunscreen
- Telling your swimmer "Great Swim," "I love watching you swim," "I am proud of you," and "Where do you want to go eat/have ice cream?" at the end of the meet

Great to have:

- At USA Swim meets, you will be in the spectator area while your swimmers are on deck. A seat cushion is a great investment.
- At Y or WOAL meets, a camp chair is helpful
- Books, or something for you to do, between events
- Cash for concessions
- Younger siblings are the unsung heroes of swim meets – bring plenty of activities and snacks for them so they love coming to swim meets.....and then want to join the team when they are old enough

Sunscreen tips for summer swim

- Make sure to pack sunscreen, both for you and your swimmers!
 - Especially if you are timing – don't forget the top of your feet!
- Spray sunscreen takes off Sharpie – this is a helpful hack if you have family photos the day after a meet. Less helpful if you just wrote all their events on their arm. Here are some helpful tips if you plan on using spray sunscreen:
 - Spray everywhere except where you write their events and their face
 - Write their events in the clean area
 - Carefully rub sunscreen lotion where you wrote their events
- Face sunscreen can sometimes make caps and goggles come off. Sticks or other quick absorbing options may be best

Swim Lingo

Bull Pen/ Clerk of Course: Primarily for 10&U, some meets have a staging area where younger swimmers check-in before their events to get placed in order and then led behind the blocks. Not every meet will have this. It's a swimmer's responsibility to make sure they are behind the blocks ready to swim at the appropriate time.

Cut times: Some meets have qualifying standards, called cuts, that dictate who can swim at that meet (see Zones and Junior Champs), or swim specific events at a meet. A list of time standards (or cuts) can be found on our team site under the ["Swimmer Info"](#) tab.

Dryland: Exercises done outside of the pool on the deck or in the gym. May require gym clothes, including socks and shoes.

DQ: Short for "disqualification." Sometimes a swimmer is disqualified for not properly performing the specific stroke. This happens to every swimmer at some point, the important thing is they learn from it and work on correcting it. If your younger swimmer is really down about a DQ – take them to DQ for a Blizzard and tell them you love watching them swim. Let the coaches handle the technique correction.

Heats/Heat winner: Events often have multiple heats, typically seeded so that the last heat is the fastest heat. At some meets, there are prizes for the heat winner. Winning your heat doesn't necessarily mean winning your event, especially true in early heats. Some meets give small trinkets or snacks for the heat winner. Some meets only give heat winner prizes for randomly chosen "hot heats." Some don't have any awards at all – for the heat or the event.

Individual Medley (IM): One swimmer swims all four strokes, in the following order – Fly, Back, Breast, Free

Junior Championships: A USA Swimming meet at the end of the season where 14 & Under swimmers with qualifying times compete for the Ohio Championship. This meet used to be called the Junior Olympics, so you may still hear ~~old~~ swimmers call it JOs.

Medley Relay: Four swimmers, each swim one stroke, in the following order – Back, Breast, Fly, Free

Swim Lingo (cont.)

Motivational times: After each Summer Olympic cycle, USA Swimming publishes Motivational times in every age bracket, for every event. These times range from B, BB, A, AA, AAA, and AAAA and are great guides when setting goals or showing progress from age group to age group. These can also be found on our website's "Swimmer Info" tab.

Mixed: When "mixed", boys and girls swim together in the same heat or event, but they aren't necessarily scored against each other. This is a way to speed up a meet, and also provide the best competition (swimming next to a faster swimmer, usually leads to a faster result). "Combined" is similar. Different age groups may be combined in the same heat or event, but the meet information will specify what ages are scored against each other.

Psych Sheet: Published before some meets. This is the ranking of all swimmers competing in the event, sorted by fastest seed time.

Scratch: When a swimmer (or relay) does not plan to swim their event, that entry is "scratched". Try to avoid this as much as possible. The coaches wouldn't put a swimmer in an event if they don't think they are capable of swimming it.

Seed time: A time previously swum, that is used to organize the swimmer for placement in their event. If the swimmer doesn't have a time, their seed time will be listed as NT (No Time).

Short course: During winter season in Ohio, events are typically swam in indoor short course 25-yard (SCY) pools. During the summer, meets can be long course 50-meters (LCM) or outdoor short course 25-meter (SCM) pools.

Zones: In the context of the Frogs, "Zones" typically refers to the Great Lakes YMCA Zone Championship meet, where qualifying swimmers from YMCAs in nearby states compete at the end of the season. USA Swimming does have a "Zones" meet at the end of summer, where our swimmers with AAA times compete for Team Ohio against other Local Swim Committee (LSC) teams.

How to read an entry report:

If provided beforehand, the entry report is a great first place to start when figuring out what, when, and where your kid is swimming.

The number of Individual and Relay events the swimmer is signed up for at this meet. 3 Individual / 1 Relay

HY-TEK's MEET MANAGER 8.0 - 6/12/2024 Page 1

41st Flag City Invitational, Sanction #: OH-24LC-21
Riverside Park - Findlay, OH

Findlay YMCA Frogs Entries - All Events

Findlay YMCA Frogs-OH

1 Lucy Abbott - Female - Age: 10 - Ind/Rel: 3 / 1

#125 Women 12&U 200 Free Relay (2)
#141 Women 10&U 50 Breast

3:27.04 1/2
1:21.55 2/1

2 Tillie Abbott - Female - Age: 13 - Ind/Rel: 6 / 4

#101 Women 13&O 200 Free Relay (4)
#109 Women 13&O 100 Fly

2:16.18 1/3
NT 2/3

#131 Women 10&U 100 Back NT 1/6
#145 Women 10&U 50 Free 1:01.56 2/3

#105 Women 13&O 50 Free 31.65 7/8
#111 Women 13&O 200 Free 2:39.51 4/3

There are two columns, don't miss these over here
(events read Right, Left, then go down a line, Right, Left, etc)

Swimmers are listed alphabetically, with all of their associated events listed.

The first number is the event number, then it is the description of what the event is

The (#) after a Relay event lists which leg of the relay they are

The seed time is listed. Some meets allow NT, others don't. Occasionally, an estimated or converted time can be entered if a meet doesn't allow NT.

The last column gives heat and lane. In this example, Lucy is swimming event #145 10&U 50 Free. She will be in the 2nd heat, lane 3.

Super Bonus Tip – If you are standing at the turn end of the pool, facing the block end. The blocks will be labeled left to right, starting with Lane 1

How to read a heat sheet:

Now that you know where to look, you can find your swimmer in the multi-page heat sheet much easier. The heat sheet lists all of the events, in order, and who is in each heat and lane. Sometimes, all you will get is a heat sheet.

Findlay YMCA Frogs

HY-TEK's MEET MANAGER 8.0 - 8:17 PM 6/11/2024 Page 2

41st Flag City Invitational, Sanction #: OH-24LC-21

Riverside Park - Findlay, OH

Meet Program - Saturday PM

#131 Women 10 & Under 100 LC Meter Backstroke				Heat 4 of 4 Finals				
Lane	Name	Age	Team	Seed Time	Lane	Name	Age Team Seed Time	
Heat 1 of 3 Finals				1 Andrew Schlatter 9 GTAC-OH 1:53.23				
1	Jessette Trumpower	7	RSC-OH	NT	2	Luke Harriger	8 LYSC-OH 1:39.88	
2	Millie Halm	8	FYF-OH	NT	3	George Little	9 UAC-OH 1:38.26	
3	Lilah McConnell	10	SYL-OH	NT	4	Callen Willamowski	9 LYSC-OH 1:26.58	
4	Adyson Willamowski	6	LYSC-OH	2:35.97	5	Hyle Moellenberg	10 SYL-OH 1:35.58	
5	Anna Atkinson	8	HYA-OH	2:40.89	6	Liam Cameron	10 WAC-OH 1:39.72	
6	Lucy Abbott	10	FYF-OH	NT	7	Mason Johnson	10 RSC-OH 1:41.55	
7	Alivia Joseph	8	SOS-OH	NT	8	Cayden Willamowski	7 LYSC-OH 1:58.59	
Heat 2 of 3 Finals				#133 Women 11-12 100 LC Meter Backstroke				
1	Aubree Joseph	10	SOS-OH	2:19.41	Lane	Name	Age Team Seed Time	
2	Charley Wibbeler	9	GTAC-OH	2:16.98	Heat 1 of 3 Finals			
3	Amelia Greulich	9	UAC-OH	2:09.60	2	Lucy DeLong	12 GTAC-OH NT	
4	Sydney Cavener	10	WAC-OH	2:03.84	3	Chloe Smith	12 WAC-OH 2:54.56	
5	Londin Raines	6	LYSC-OH	2:09.12	4	Addy Nielson	12 FYF-OH 1:58.85	
6	Hyleigh Nau	9	LYSC-OH	2:13.82	5	Nandini Mathivanan	11 SWIM-LE 2:03.34	
7	Isla Brunow	9	FYF-OH	2:18.81	6	Frankie Burden	12 LYSC-OH NT	
8	Kinsley Cross	9	WAC-OH	2:30.24	Heat 2 of 3 Finals			
Heat 3 of 3 Finals				Lane	Name	Age Team Seed Time	#135 Women 10 & Under 100 LC Meter Butterfly	
1	Riley Kinney	9	WAC-OH	1:57.80	1	Maere Lang	11 UAC-OH 1:52.15	
2	Norah Halm	10	FYF-OH	1:54.87	2	Vivian Eckel	11 WAC-OH 1:48.50	Heat 1 of 1 Finals
3	Ellie Zerr	9	FYF-OH	1:46.60	3	Reagan Margraf	12 SOS-OH 1:46.00	
4	Sadie Rivet	10	WAC-OH	1:37.50	4	Makayla Sherman	12 WAC-OH 1:37.46	Heat 1 of 1 Finals
5	Sloan Carter	9	SYL-OH	1:48.13	5	Emmie Burns	12 SOS-OH 1:45.74	
6	Noelle Book	9	WAC-OH	1:54.17	6	Kai Knight	11 HYA-OH 1:46.89	#137 Women 11-12 100 LC Meter Butterfly
7	Vivian Armbruster	10	GTAC-OH	1:54.97	7	Jenna Sparka	12 SYL-OH 1:49.91	
8	Willow Borsay	9	FYF-OH	2:02.05	8	Elizabeth Barrett	11 WAC-OH 1:55.35	Heat 1 of 1 Finals
#132 Men 10 & Under 100 LC Meter Backstroke				Heat 3 of 3 Finals				
Lane	Name	Age	Team	Seed Time	1	Melody Hernandez	11 BGSC-OH 1:34.35	Heat 1 of 1 Finals
Heat 1 of 4 Finals				2 Bethany Stewart				
1	Bennett Brunow	7	FYF-OH	NT	3	Gia Esposito	11 WAC-OH 1:25.40	Heat 1 of 2 Finals
2	Grant Stewart	9	RSC-OH	NT	4	Izzy Schlatter	12 GTAC-OH 1:20.87	
3	Eric guo	8	SYL-OH	NT	5	Anna-Cate Smith	12 GTAC-OH 1:22.08	#138 Men 11-12 100 LC Meter Butterfly
Heat 2 of 4 Finals				6 Adayaleise Trumpower				
1	Eli Delman	8	UAC-OH	2:35.00	7	Lexi Simon	12 WAC-OH 1:31.42	Heat 1 of 2 Finals
2	Luka Cross	9	WAC-OH	2:25.24	8	Yardley Decker	12 SOS-OH 1:35.28	
3	Vijay Mathivanan	10	SWIM-LE	2:15.09	#134 Men 11-12 100 LC Meter Backstroke			
4	Easton Coppes	8	BGSC-OH	2:16.28	Lane	Name	Age Team Seed Time	Heat 1 of 1 Finals
5	Jack Zerr	7	FYF-OH	2:32.55	1	Izzy Schlatter	12 GTAC-OH 1:20.87	
6	Drew Kinkaid	10	SYL-OH	NT	2	Grant Winterton	12 RSC-OH 1:29.27	Heat 2 of 2 Finals
Heat 3 of 4 Finals				3 Anna-Cate Smith				
1	Brady Muir	9	WAC-OH	2:11.24	4	Izzy Schlatter	12 GTAC-OH 1:20.87	Heat 1 of 2 Finals
2	Toumy Lang	9	UAC-OH	2:06.50	5	Anna-Cate Smith	12 GTAC-OH 1:22.08	
3	Eric McBride	10	SOS-OH	2:05.27	6	Adayaleise Trumpower	12 RSC-OH 1:29.27	#139 Women 12 & Under 200 LC Meter IM
4	Ryan Radi	10	SYL-OH	2:00.17	7	Lexi Simon	12 WAC-OH 1:31.42	
5	Bryler Biller	9	SOS-OH	2:05.23	8	Yardley Decker	12 SOS-OH 1:35.28	Heat 1 of 3 Finals
6	Ethan Duggan	10	WAC-OH	2:06.06	#134 Men 11-12 100 LC Meter Backstroke			
7	Mack Burns	10	SOS-OH	2:08.51	Lane	Name	Age Team Seed Time	Heat 2 of 3 Finals
8	Liam Kommeyer	9	GTAC-OH	2:11.40	1	Ivan Armbruster	12 GTAC-OH 1:39.57	
#135 Women 10 & Under 100 LC Meter Butterfly				2	Jonathon Kutz	11 SYL-OH 1:35.04	Heat 1 of 3 Finals	
Lane	Name	Age	Team	Seed Time	3	Kraig Moellenberg Jr	12 SYL-OH 1:34.14	
Heat 1 of 1 Finals				4 Grant Winterton			Heat 2 of 3 Finals	
1	Charley Wibbeler	9	GTAC-OH	2:30.09	5	Bennett Crosser	12 PUT-OH 1:33.56	
2	Joanna Lopez	9	BGSC-OH	1:56.85	6	Mason Brannum	11 SYL-OH 1:34.60	Heat 1 of 3 Finals
3	Hailey Backin	10	VSC-LE	2:07.33	7	Lachlan Pavel	11 PUT-OH 1:38.90	
#136 Men 10 & Under 100 LC Meter Butterfly				8	Milo Ziegler	11 SYL-OH 1:45.08	Heat 2 of 3 Finals	
Lane	Name	Age	Team	Seed Time	1	Piper Borsay	12 FYF-OH NT	
Heat 1 of 1 Finals				2 Liberty Raines			Heat 1 of 3 Finals	
1	Grant Stewart	9	RSC-OH	NT	3	Willow Borsay	12 FYF-OH 4:30.61	
2	George Little	9	UAC-OH	1:42.53	4	Bryn Bechtold	11 WAC-OH NT	Heat 2 of 3 Finals
3	Callen Willamowski	9	LYSC-OH	1:22.79	5	Hailey Backin	10 VSC-LE NT	
4	Emmett Hamilton	10	HYA-OH	1:37.92	#137 Women 11-12 100 LC Meter Butterfly			
5	Andrew Schlatter	9	GTAC-OH	2:01.04	Lane	Name	Age Team Seed Time	Heat 1 of 2 Finals
6	Reevson Trumpower	9	RSC-OH	NT	1	Maere Lang	11 UAC-OH 1:52.15	
#145 Women 10 & Under 50 LC Meter Freestyle				2	Vivian Eckel	11 WAC-OH 1:48.50	Heat 2 of 2 Finals	
Lane	Name	Age	Team	Seed Time	3	Reagan Margraf	12 SOS-OH 1:46.00	
Heat 1 of 5 Finals				4 Makayla Sherman			Heat 1 of 2 Finals	
1	Cecilia Maag	9	FYF-OH	NT	5	Emmie Burns	12 SOS-OH 1:45.74	
2	Anna Atkinson	8	HYA-OH	1:25.41	6	Kai Knight	11 HYA-OH 1:46.89	#138 Men 11-12 100 LC Meter Butterfly
3	Lilah McConnell	10	SYL-OH	NT	7	Jenna Sparka	12 SYL-OH 1:49.91	
Heat 2 of 5 Finals				8 Elizabeth Barrett			Heat 1 of 2 Finals	
1	Balen McMahon	6	GTAC-OH	1:15.09	1	Melody Hernandez	11 BGSC-OH 1:34.35	
2	Lucy Abbott	10	FYF-OH	1:01.56	2	Bethany Stewart	11 RSC-OH 1:31.15	Heat 2 of 2 Finals
3	Charley Wibbeler	9	GTAC-OH	58.76	3	Gia Esposito	11 WAC-OH 1:25.40	
4	Adyson Willamowski	6	LYSC-OH	1:01.51	4	Izzy Schlatter	12 GTAC-OH 1:20.87	#139 Women 12 & Under 200 LC Meter IM
5	Millie Halm	8	FYF-OH	1:10.50	5	Anna-Cate Smith	12 GTAC-OH 1:22.08	
6	Alivia Joseph	8	SOS-OH	1:18.53	6	Adayaleise Trumpower	12 RSC-OH 1:29.27	Heat 1 of 3 Finals
The packing list suggested highlighters.				7 Lexi Simon				
Once you find your kid in the heat sheet,				8 Yardley Decker			Heat 2 of 3 Finals	
highlight them.				#134 Men 11-12 100 LC Meter Backstroke				
Another Super Bonus Tip: FYF-OH, that is us! Findlay YMCA Frogs (FYF) and we are a part				Lane	Name	Age Team Seed Time	Heat 1 of 1 Finals	
of the Ohio Local Swim Committee (LSC). Our LSC includes most of Ohio and a little bit of				1	Izzy Schlatter	12 GTAC-OH 1:20.87		
Kentucky (by Cincinnati). It currently doesn't include Northeast Ohio, they belong to the				2	Grant Winterton	12 RSC-OH 1:29.27	Heat 2 of 2 Finals	
Lake Erie (LE) LSC. However, OH and LE are in the process of merging.				3	Anna-Cate Smith	12 GTAC-OH 1:22.08		
				4	Adayaleise Trumpower	12 RSC-OH 1:29.27	#138 Men 11-12 100 LC Meter Butterfly	
				5	Lexi Simon	12 WAC-OH 1:31.42		
				6	Yardley Decker	12 SOS-OH 1:35.28	Heat 1 of 2 Finals	
				#139 Women 12 & Under 200 LC Meter IM				
				Lane	Name	Age Team Seed Time	Heat 1 of 3 Finals	
				1	Piper Borsay	12 FYF-OH NT		
				2	Liberty Raines	9 LYSC-OH 4:30.61	Heat 2 of 3 Finals	
				3	Taylor Blackford	11 WAC-OH 4:18.11		
				4	Ellie Zerr	9 FYF-OH 3:54.61	Heat 1 of 3 Finals	
				5	Nova Shannon	12 HYA-OH 3:55.89		
				6	Lakin Raines	9 LYSC-OH 4:23.65	Heat 2 of 3 Finals	
				7	Lakeyln Eaglen	11 SOS-OH 4:58.20		
				8	Frankie Burden	12 LYSC-OH NT		

Here is the previous slide's example.
Event #145 Women's 10&U 50 Free.
Lucy is in the 2nd heat (of 5), lane 3.

#145 Women 10 & Under 50 LC Meter Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals				
3	Cecilia Maag	9	FYF-OH	NT
4	Anna Atkinson	8	HYA-OH	1:25.41
5	Lilah McConnell	10	SYL-OH	NT
Heat 2 of 5 Finals				
2	Balen McMahon	6	GTAC-OH	1:15.09
3	Lucy Abbott	10	FYF-OH	1:01.56
4	Charley Wibbeler	9	GTAC-OH	58.76
5	Adyson Willamowski	6	LYSC-OH	1:01.51
6	Millie Halm	8	FYF-OH	1:10.50
7	Alivia Joseph	8	SOS-OH	1:18.53

The packing list suggested highlighters.
Once you find your kid in the heat sheet,
highlight them.

Like how events are listed in the entry
report (Left, Right, Down, Left,
Right), relay order is the same way.

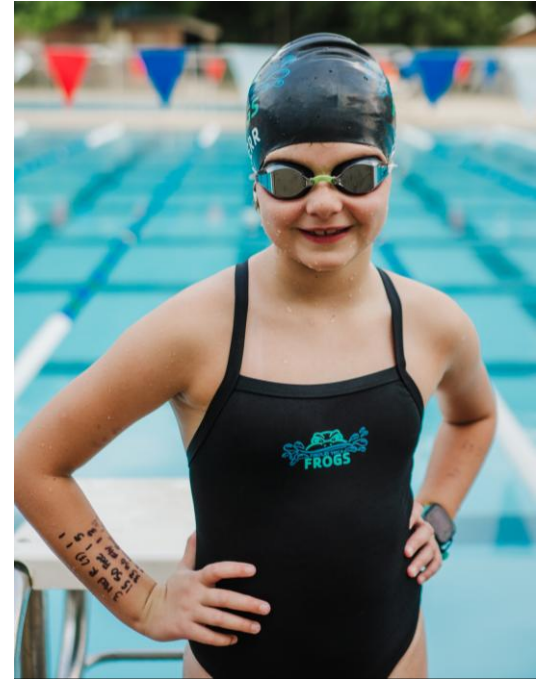
#127 Women 10 & Under 200 LC Meter Freestyle Relay			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	SOS-OH	A	NT
3	WAC-OH	A	3:13.06
4	HYA-OH	A	2:43.35
Palmer Steel 10		Eila Owens 10	
Leah Weaver 10		Josie Drummond 10	
5	FYF-OH	A	3:01.88
1	Ellie Zerr 9		
3	Isla Brunow 9		
4	Norah Halm 10		
6	LYSC-OH	A	4:10.25
Kyleigh Nau 9		Liberty Raines 9	
Londin Raines 6		Lakin Raines 9	

Another Super Bonus Tip: FYF-OH, that is us! Findlay YMCA Frogs (FYF) and we are a part
of the Ohio Local Swim Committee (LSC). Our LSC includes most of Ohio and a little bit of
Kentucky (by Cincinnati). It currently doesn't include Northeast Ohio, they belong to the
Lake Erie (LE) LSC. However, OH and LE are in the process of merging.

What is the secret code written on my kid's arm?

- Now that you know what, when, and where your kid is swimming, it's time to mark them up with a Sharpie so your swimmer also knows (or at least has somewhere to look when they forget).
- The events are written similar to the entry report, but one column and in a shorthand that your swimmer can understand. Lucy would have something like:

125	1	2	F.R. (2)	OR	125	F.R. (2)	1	/	2
131	1	6	100 Bk		131	100 Bk	1	/	6
141	2	1	50 Br		141	50 Br	2	/	1
145	2	3	50 Fr		145	50 Fr	2	/	3



Swimmer pride: The Sharpie marks are a badge of honor for younger swimmers to show off the next day of how awesome it is to be a swimmer

True story: I watched my son at a meet dive off the block, then raise his arm underwater to check what he was supposed to be doing. Not the preferred method.

Pro Tip: In the event you have family photos the next day, spray sunscreen takes the Sharpie off easily. Keep this in mind during Summer Swim and need sunscreen.

Hasn't swimming gone digital, yet?

- Yes, there is an app called Meet Mobile. It costs \$10 annually. It has the capability to provide psych sheets, heat sheets, results, scores, etc.
 - It isn't used (or fully used) at every meet, but it's used enough that you will likely want to download it and happily pay the \$10.
 - You will still see plenty of spectators who find comfort in holding their highlighted, non cell service-dependent, trusty heat sheet.
- Other cool swim apps and websites are listed on our team site under the Parent tab > [Helpful Info](#), here are some:
 - SportsEngine Motion is the app version of SportsEngine
 - Swimcloud – Meet hosts can upload their results to Swimcloud and the site does some analysis of their aggregated results
 - MySwimIO – Data (only USA Swimming) is pulled from LSCs and aggregated into a really cool system, that tracks progress towards cuts and lots of other things
 - It's only as good as the data it receives and it's super easy to get data overloaded
 - For instance, you can compare your 9-year-old to 9-year-old Katie Ledecky, super cool but also super unhealthy if you are using it to seriously compare your kid (to Katie Ledecky or any other kid)

Is there a common pattern to meets?

- The order of events is listed in the meet packet for USA Swimming meets and Y Invationals.
- Y Dual meets typically follow this pattern:
 - 200 Free 9&Over
 - Medley Relays 8&U do a 100 Yard (each leg is a 25), 9&Over is 200 Yard
 - IM 13&Over do 200 IM, all others 100 IM
 - Short Freestyle 8&U 25y, 9&O 50y
 - Butterfly 8&U 25y, 9-12 50y, 13&O 100y
 - Long Freestyle 8&U 50y, 9&O 100y
 - 500 Free 11&Over
 - Backstroke 8&U 25y, 9-12 50y, 13&O 100y
 - Breastroke 8&U 25y, 9-12 50y, 13&O 100y
 - Free Relays 8&U do a 100 Yard (each leg is a 25), 9&O is 200 Yard
- WOAL meets follow the same pattern for strokes, but there isn't a 200 Free, the IM is just for 10&over, and 13&overs do 50s of strokes not 100s

Final thoughts

- Meets should be fun for your swimmers. They get to show off all their hard work, while having lots time to spend with their friends.
- Especially for the younger swimmers, when they get older and remember their days spent at swim meets, they probably won't remember their times or care about getting a ribbon, they will remember playing cards on a gym floor with their friends.
- With all that fun being had at the team camp, it can get a little chaotic. Swim families rapidly become family. The coaches are on deck coaching, some parents may be on deck volunteering, other parents are watching older siblings race – when you are in the team camp area, please help look out for all of our Findlay swimmers.
 - If you aren't needed on deck, please watch your kid swim and then come back to the team camp. Most pools don't have enough spectator space to hang out there the whole time anyway.
 - If you want to hang out in the pool area the whole time, we are always looking for more timers...

