

SWIM MEET AGENDA

Never been to a swim meet? Here's what to expect.

1. Arrive at the pool by 5:00 PM for all home meets and 5:30 away meets.
2. After arriving at the pool, go directly to the bullpen (the area where Waves swimmers are to stay during the meet) and stay there for warm-up (stretching) and checking line-up to see what events you swim.
3. Team warm-ups in the pool begin at approximately 5:35 PM.
4. After warm-ups return to the bullpen where you will have your event, heat and lane written on your back. Swimmers: Please remain in the bullpen throughout the meet.
5. At start of meet (6:00 PM), each event will be announced; when your event is announced go to the clerk-of-course and remain there to be checked by the adult in charge.
6. At the clerk-of-course you will be put in your assigned lane and instructed when to go behind the diving block of your lane.
7. You will be instructed to go up and stand behind your diving block.
8. After several short whistles, the starter will announce the event and distance.
9. When you hear one long whistle you need to step up onto your block.
10. You will then hear the starter say "Take your mark" (as shown by your coaches at practice). The starter will depress a button and you will hear a horn or buzzer sound, which is your signal to dive into the pool and start the race.
11. After you have finished, one or more of three things will happen;
 - a. First, you will be congratulated by your coaches, teammates and other adults for trying your best.
 - b. You may be informed by an official that you were disqualified (DQ) and shown what you need to do correctly the next time.
 - c. Your coaches will also show you and, if needed, ask them at your next practice to help you improve.
12. Return to the bullpen after each event you swim and wait for your next event.
13. Shortly after the meet is finished, the final score will be announced.
14. Ribbons which are won by the swimmers for a meet will be awarded the day after the meet. All ribbons will be placed in family folders.