



## Tips for Surviving Your First Swim Meet

The swimmers have done the work at practices and are now ready to show off their newly learned swim skills and RACE! Below are some helpful tips for making their first meet a positive experience for everyone.

- A few days before the meet, an **Informational email** will be sent to all families who have swimmers competing in the upcoming meet. You'll want to review this email and reach out with any questions you have. Sometimes the heat sheet and timeline is included in this email and sometimes it is only available after arriving at the meet.

### Heat Sheet

This document provides the Event #, Heat # and Lane # of all the events your swimmer is signed up for. You will need to write these numbers on your swimmers arm in sharpie or on an index card they keep with them throughout the meet. (See example on page 3)

### Timeline

This is an ESTIMATE of when each event will start and when each session will end to help plan your day. All 12&U sessions are limited to 4 hours max per USA swimming guidelines.

- **What to bring**

**Team uniform** - swimsuit, goggles, CST swim cap, team shirt, warm ups, parka, etc

**Towels** - at least 2–3. Towels will get soaked fairly quickly,

**Change of clothes & deck shoes** - flip flops, sweatpants/sweatshirts for swimmers to keep warm between races.

**Camping Chairs** - It depends on the meet, but often swimmers and parents can bring chairs for seating. Space is most times limited and finding seating can be a challenge at some pools. Plan to arrive early before warmups to have the best chance at getting a spot to sit.

**Sharpie marker**-to write your child's races on their arm, so they can easily see their upcoming events, if this hasn't been done already.

**Food & drinks**- Most pools have concessions, but swimmers love snacking and need refueling with healthy snacks and drinks.

**Items to pass the time** - Meets can last 3-4 hours per session, so swimmers can bring cards, tablets, books, etc. to keep them busy between races.

In addition, if you're bringing younger siblings, you'll want to bring something to occupy them and possibly even you.

**Patience and a Positive Attitude** - Swim meets can be crowded and a bit overwhelming. Having a good attitude, being kind to those around you and showing support for your swimmer will go a long way to create a fun, positive environment!

- **Upon Arrival**

Swimmers need to plan to arrive 15 minutes prior to the start of their scheduled warm up time. They must check in with a CST coach at that time.

Warm up

Warm up time slots vary by meet but it is extremely important that your swimmer is there to participate in warm ups. Swimmers arriving late or not at all may be taken out of relays.

- **Getting to the Blocks**

Younger and first time swimmers will be assisted to the blocks by the coaching staff. Parents can assist in this effort by sending your swimmer over to their coach 4-5 heats ahead of time. More experienced swimmers are expected to know when to head up to the blocks.

- **Pre/Post Race Check in**

Coaches are there to support your swimmers. For our younger athletes, it's important to establish a routine of checking in with their coach before and after their races. This is a habit that should stick with them through their swimming career. Pre-Check Ins provide reminders about what swimmers have been working on in practices and how to execute that in the race. Post-Check Ins give the swimmer an opportunity to communicate with their coach about how the race went (good and bad) and for the coach to provide valuable feedback about the race.

- **Relays**

In most instances, the coaching staff will assign swimmers to relays prior to the meet. However, relays almost always change the day of. This is due to swimmers getting sick, not showing up or leaving the meet early without checking to see if they were in a relay. **Swimmers should always check with the coaching staff the day of to see if there have been relay changes.**

- **DQ Slips**

Disqualifications happen and it's OK. The coaching staff is notified by the officials if a swimmer receives a DQ. Sometimes, if swimmers are not checking in with coaches after and before races, coaches are not able to discuss the infraction with the swimmer the day of. If this happens, your swimmers' coach will make every effort to discuss it with them at practices the following week. If you are aware of a DQ that your swimmer has received you can reach out to your swimmers coach via email to get clarification. Keep in mind that DQ slips are used as learning tools for the swimmers and should not define the overall effort that each swimmer puts into their races and practices each week. **It is suggested that if your swimmer does receive a DQ, and they understand why it happened, that families take them to DQ (Dairy Queen) to encourage them to keep trying that same skill/race at future meets.**

- **Leaving the Meet**

Swimmers MUST check out with a CST coach prior to leaving the venue.

Once your swimmer has completed their events, they are able to leave the meet; you do not have to stay for the entirety of the meet.

## Sample from Heat Sheet:

### Event 12 Mixed 8 & Under 50 Yard Freestyle

Lane Name Age Team Seed Time

#### Heat 1 of 4 Finals Starts at 10:32 AM

1	_____				
2	Boenisch, Jillian J	W6	CST-OR	NT	_____
3	Hanowell, Presley Q	W7	BRSC-OR	NT	_____
4	Kelly, Athena R	W6	LSC-OR	NT	_____
5	_____				
6	_____				

#### Heat 2 of 4 Finals Starts at 10:33 AM

1	Putnam, Katie J	W8	BRSC-OR	NT	_____
2	Sanchez, Semi M	W8	Heat-OR	1:08.20	_____
3	Morag, Leo A	M7	BRSC-OR	55.69	_____
4	Krake, Logan C	M7	Heat-OR	57.15	_____
5	Morag, Samantha A	W6	BRSC-OR	1:10.53	_____
6	Croco, Ellie M	W8	LSC-OR	NT	_____

#### Heat 3 of 4 Finals Starts at 10:35 AM

1	Clarkson, Quinlan M	W8	BRSC-OR	51.24	_____
2	Roy, Anna M	W7	BRSC-OR	50.04	_____
3	Kalua, Nathaniel X	M8	Heat-OR	49.19	_____
4	Calvi, Gabby M	W7	Cascadia-OR	49.46	_____
5	Crenshaw, McKenzie A	W8	LSC-OR	50.06	_____
6	Miller, Madison A	W8	Heat-OR	52.85	_____

#### Heat 4 of 4 Finals Starts at 10:37 AM

1	Norkitis, Annelise M	W8	CST-OR	46.90	_____
2	Cortes, Sam L	M6	LCSC-OR	42.82	_____
3	Rinehart, Jake K	M8	Cascadia-OR	37.16	_____
4	Byles, Stella L	W8	CST-OR	39.12	_____
5	Gerke, Kyla E	W8	CST-OR	45.04	_____
6	Ervin, Lindsay C	W6	Cascadia-OR	47.58	_____

← Event = 12

← Heat = 4

← Lane = 4

## Write on swimmer's arm:

E	H	L	Desc
12	4	4	50 free
18	6	2	100 back
24	3	6	50 fly

**E** = Event

**H** = Heat

**L** = Lane

**Desc** = race