



HOW TO...

Enter a meet:

1. To sign up for a meet, go to www.rockwoodswim.org and login to your account.
 - a. Go to **“Meets/Events”** and find the meet which you would like to swim. Click **“Attend this Event”**. Click your swimmer’s name and answer **“yes”** from the drop down menu.
 - b. **Notes:** Please put any pertinent information in the notes such as **“No Sunday”** if you cannot attend the meet on Sunday.
 - c. Your coach will choose your events, but you may always look at the events by going to **“Meets/Events”**.
2. **Deadlines for meets are enforced.** Please make sure you go to the Meet Selection Sheet for your group (Group News > Your Group – click on the link for MEET SELECTION SHEET. The deadlines will be on that sheet.
3. Please note that during the season, swimmers are required to attend at least two meets (one of them must be a Rockwood hosted meet), and parents are required to work the home meets.

Meets are a fun time for the swimmers as they get to see how all of their hard work at practice has paid off. Many swimmers achieve **“personal best times”** and achieve USA Swimming Motivational Times which enable them to do higher level and Championship meets. Enjoy your time at meets, and good luck!