

Meets Q &A- Everything you want to know and more

When will I know if my swimmer is ready for a meet?

Being on the Rockwood Swim Club means your swimmer is ready for meets. Each coach has selected meets they feel are appropriate for their group. Parents can always email asking for what meet a coach would suggest as a swimmer's 1st meet.

What should I do if we signed up for a meet, but now can't attend for whatever reason (illness, a game out rescheduled, etc)?

Please email your coach as soon as you know. Please note, you will still be charged for the meet and your swimmer is marked as a NS- no show. Coaches are looking for their swimmers and it is nice to know when someone isn't attending. Letting a coach know in advance will allow them time to reconstruct relays.

Refunds of Meet Fees Once the "Last Change Date" for a meet has passed, our entry is final and fees for our swimmers have been paid to the host club and are not refundable! At that point, the swimmer's family is responsible for the fees and they will NOT be removed from the family's bill. Host teams do not reimburse any entry fees to our team, regardless if a swimmer swims or not, so please keep this in mind as you sign up for meets.

When I signed up for the meet, I didn't realize it was for Friday, Saturday, Sunday. How do I prevent doing this in the future?

There is a notes section when signing up. This is the perfect place to let your coaches know your swimmer's available. Such as "Saturday and Sunday only" or not available on ____.

My swimmer does not like the events they are swimming at the meet. How can I get this changed?

Parents are welcome to put comments for events in the notes section. However, coaches will put swimmers in events. Please encourage your swimmers to try hard things. Sometimes the coaches are looking to challenge swimmers and get them out of their comfort level. Other times we are looking for your swimmers to get a time in a new event.

How early should we get to the meet?

Warm up times will be sent out the week of the meet. Swimmers need to warm up properly, so please make sure your swimmer is ready to go at the beginning of the warms. They should have suits, caps, and goggles on and be ready to jump in.

Away Meets- it can be a little overwhelming to go to a new pool. Leave plenty of time before warm ups so your swimmer can use the bathroom and find a place to sit for the meet.

Where should your swimmer hang out before and between events?

Some swim meets have a bullpen for swimmers to be at before and between events. If there is a bullpen, the expectation is that the swimmers are in it. Of course, they can go and chat with

their parents in the stands, but the best place for them to be in the bullpen that way they don't miss lining up for their events.

If we go to a meet without a bullpen, ideally sit by other Rockwood families. Please make sure that you are aware of when your swimmer is swimming, they might need help knowing when to go down to the pool deck.

Where should my swimmer go after they swim?

Swimmers should go straight over to their coach. At this time coaches will give feedback on the swim. Coaches are there watching every swim so please make sure that your swimmer goes over after each swim.

Where are the other parents getting their swimmers times from?



There is an app called meet mobile. There is a yearly cost, but you will get alerts if you favorite your swimmer. It will also show the time your swimmer got and how much time he/she dropped compared to the last time that event was swam.

Can we leave after their last event or is there some other team meeting?

Your swimmer is welcome to leave after his/ her last swim. There is nothing at the end of the meet to wait for.

How long do sessions last?

Sessions on average last about 3 ½- 4 hours.

New families are sometimes confused on how long they will be at a meet, especially when their swimmer is swimming in events 31, 33, and 35. Realize that while you think you will be in and out, some meets have 20+ heats in each event.

What should we bring to a meet?

You should bring your swim bag full with towels (at least 2), caps, goggles (and extra pair in case yours breaks). Many swimmers like to bring tablets, books, coloring, etc to pass the time between events. Some swim meets have a concession stand, but some do not. Snacks and water are important to have in their bags too.

You do NOT need to bring your equipment bag to meets.

How do DQs (disqualifying) work?

If your swimmer DQs the officials will communicate this with the coaches through a DQ slip. Your group coach will receive this DQ and communicate it to the swimmer.

If a coach sees the DQ, they will talk about it before getting the slip to give immediate feedback. If a coach does not see it, they will talk with the swimmer after the next swim.

Why did my swimmer not have a time appear on the board?

(sometimes is it shows ----, or dddd)

Normally this is because your swimmer is not finishing correctly. They are normally touching or grabbing the top of the wall or gutter. The best place to finish for the most accurate time would be hard on the touchpad... we tell the little on the +.

Do parents have to work at ALL meets?

No, parents are required to work at home meets. With that being said there are some other meets that do require Rockwood to provide timers, please be respectful of other parents so we don't always have the same parents stepping up or even coaches having to time.

How do I find out what my child is swimming?

Once coaches have selected events, if you go back in the same way you committed and scroll down, you can see what events they have selected.

Can I walk my swimmer to their lane to swim?

Parents are NOT allowed on the pool deck unless their work duty is there. Like a timer will be on the pool deck because they are required to be behind the block to time. You can have your swimmer walk down with another swimmer and point them in the direction of the coaches.

What if I have a question for the coach?

Parents are NOT allowed on the pool deck. You can send your swimmer down to talk with the coaches, but parents are not allowed on the deck. You are also always welcome to email your coach.

My swimmer is swimming fast then a swimmer in the next group up. Does this mean they should move up a group?

No, the only way to move up is to pass the test sets. If you have questions about moving up please see [Test Set/ Move Up](#) for more information.

My swimmers coach is not at this meet. Who will be watching my swimmer?

Coaches can't be at every meet every day, but they do try their best to. Incase that your coach isn't at a meet, it will be communicated who is coaching your swimmer. Your swimmer is always welcome to go ask a Rockwood Coach at the meet to see who would be watching their races too.

If my swimmer missed their event, what should he/she do?

Unfortunately this does happen. It is important if your swimmer is behind the blocks to be paying attention. If your swimmer misses an event, they should go immediately over to the starter. The starter would be able to place your swimmer into another heat if someone doesn't show or there is an open lane. They should make sure to thank the starter for their help.

If you have any other questions about meets please direct them to your group coach.