

Meets

Benefits of Competition

- Gauge progress
- Incentivize hard work
- Foster friendships with teammates and competitors
- Build team spirit
- Foster fortitude and build self-confidence
- Meet new people, see unfamiliar places, experience different cultures

Meet schedule and meet-event event selection

The meet schedule and meet events are both determined by the coaches to provide for the optimum long-term development of the team and its individual members. The meet schedule is based upon level of competition, meet events offered and allowed, driving distance, league and other affiliations, phase of the season, costs, likelihood of being admitted, exposure to unfamiliar athletes and venues, age and developmental levels of athletes on the team, and other factors. Because much of that information is not available at the season's beginning when we publish a tentative meet schedule, there may be changes to the schedule as this information becomes available.

Meet events for each swimmer are also selected by the coaches based upon on myriad criteria including the following: swimmer's age and ability, phase of the season, swimmer's proximity to qualifying times or team records, meet's purpose, probability of a PR, recent practice emphases, swimmer request, and meet-event restrictions. While it would be less work for the coaches to allow swimmers--or their parents—to select events, doing so usually results in swimmers “specializing” in one stroke and often one distance at an early age because they—or their parents—want them to race their best events every meet while minimizing racing in other events to a) prevent unnecessary fatigue and b) avoid showing less than their “best.” One of our responsibilities as coaches is to ensure that swimmers develop all their strokes and energy systems at the age-group level so that they have the greatest long-term potential for success. This means providing them as many racing opportunities as possible and entering them in as wide a range of strokes and distances as their current skill and fitness levels allow. With this emphasis on diversification, many swimmers will find that their former “weak” strokes or distances become strengths. Not only does this approach result in more confident and capable swimmers, but it increases their likelihood of staying in the sport by decreasing the probability of a plateau and it helps foster a “growth” mindset so vital to their long-term prospects in life. Thus, while we will try to honor requests to swim a specific event, we don't allow swimmers or parents to select events for mid-season meets. At season-ending championship meets, we encourage swimmers who are qualified for more than the maximum number of events to select their events with coach approval. Swimmers who would like to request a specific event in a mid-season meet are encouraged to do so in the “notes” box on the website entry page.

Meet Supplies

- Water bottle and nutritious snacks
- Spending money
- Sleeping bags or blanket
- Sweat suit or parka
- Two of each of the following: towels, goggles, current year's team suits (if available), and team caps (required)
- Quiet games, books or CD player with earphones
- Lawn chairs
- Canopy and sunscreen if meet is outdoors

HOW TO READ A HEAT SHEET:

Sample heat sheet entry:

Event 1 Girls 8 & Under 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
1	Brady, Evan R	6	VFYT-LE	55.62
2	Rielly, Victoria E	8	CFYN-LE	29.21
3	Badget, Zoey L	7	CFYN-LE	28.00
4	Forester, Sofia B	7	CFYN-LE	27.80
5	Daniels, Aurora L	8	VFYT-LE	27.99
6	West, Miranda	8	GYB-LE	28.03
7	Smith, Alyssa M	6	CFYN-LE	40.40

Heat 2 of 3 Finals

1	Fields, Olivia A	7	CFYN-LE	26.15
2	Caswell, Rylie J	8	CFYN-LE	26.00
3	Adams, Maria N	7	CFYN-LE	25.00
4	Becks, Deryn M	8	VFYT-LE	22.28
5	Ward, Sarah	7	VFYT-LE	22.28
6	Chad, Lindsey	7	GYB-LE	25.28
7	Kosar, Ava R	6	VFYT-LE	26.15
8	Frank, Grace V	8	CFYN-LE	27.15

Here is a color-coded (in the electronic, not the hard-copy, form) version with explanations for each component:

Event 1 Girls 8 & Under 25 Yard Freestyle

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4	Becks, Deryn M	8	VFYT-LE	22.28
5	Ward, Sarah	7	VFYT-LE	22.28
6	Chad, Lindsey	7	GYB-LE	25.28
7	Kosar, Ava R	6	VFYT-LE	26.15
8	Frank, Grace V	8	CFYN-LE	NT

Event 1 Girls 8 & Under 25 Yard Freestyle: This tells you the event number and describes the age/gender, distance, and stroke for that event. This is usually in boldfaced type, and everything under it will represent sequential heats of that same event until the next boldfaced type appears.

Heat 1 of 3 Finals: This tells you which heat it is. At big meets you can't fit everyone swimming an event into the lanes available, so they have to run multiple heats of the same event, usually seeded slowest to fastest (notice that the fastest seed time in heat 1 is slower than the slowest seed time in heat 2). This also tells you how many heats there are; in this case, 3. The "Finals" part of it means that the fastest kid wins. At some meets there are preliminaries and finals, where kids swim first in prelims, and the fastest swimmers qualify to swim again in finals to determine the ultimate placings.

Lane Number: The number to the left of the name tells you which lane your child will swim in. At some pools, the lane number is clearly marked on the blocks, flags, or elsewhere; at other pools it is not clearly numbered. The rules say that lane 1 is closest to the starter, which will be the lane farthest to the right from a perspective standing behind the starting end of the pool looking out at the pool.

Name: Swimmer's name

Age: This is the swimmer's age for the meet and may be different from the child's actual age, depending upon the "age-up date" for that meet or swim league.

Team: This is the team abbreviation; a key to the abbreviations can usually be found at the front of the heatsheet. The LE following the team abbreviation refers to the LSC (USA local swim committee).

Seed Time: Seed time refers to the fastest time the swimmer has ever swum this event in the past. Sometimes you'll see a "NT" in this column, which stands for "no time" because your current team has no record of the swimmer ever swimming the event before. You may also see an "X" here next to the seed time, especially at dual meets. This means the swimmer is swimming exhibition. Some meets allow teams to enter only a certain number of swimmers who are eligible to score in a given event. Exhibition events allow the swimmers to race and record an official time even though they can't score. Seed times are important for many reasons, most important of which is to provide the athlete a concrete goal to strive for in that race. If you beat your seed time, it is a good day regardless of where you place!

Writing the swimmers' races on their arms so they know what their events, heats, and lanes are: Following is a table demonstrating how to write swimmers' events on their forearms:

Event #	Description	Heat	Lane
1	25 free	2	3
7	50 back	4	6
9	100 im	3	2
11	50 fl	1	5
15	200 fr relay	1	4

Home Meets

Home meets provide an unparalleled opportunity to develop camaraderie and team spirit among both swimmers and parents. Swimmer participation and parent volunteerism are both essential to a successful home meet. We typically host dual or tri meets against other Y teams in October, December, and January, an invitational meet in February, and three to four summer league meets in June and July. In October and June, each registered family is assessed a concession supply fee of \$5 for each home meet. At home meets Hannibal swimmers may run a tab at the concession stand. Please stop by at the end of the meet to pay the tab.

Away Meets

Away meets demand more travel time, financial outlay, and schedule-juggling than home meets; however, they are an important part of our season and our commitment to the YMCA conference as well as to your swimmers' development. We strive to muster a strong turnout for away meets just as we expect the same from teams that we invite to our meets. Car-pooling of swimmers to away meets is routine, so please ask another family if your swimmer may ride along when you are unable to attend. Some of our away meets will be dual meets or tri meets, either YMCA or summer league, and typically involve no meet fees and shorter drives with no overnight stays required. Invitational meets (YMCA or USA Swimming) are usually two to three days of competition and include entry fees and, in some cases, qualifying times. Swimmers choose to swim one or more days.

The Central Area Regional Championship Meet represents the season-culminating meet for many of our swimmers and is strongly encouraged, team-effort meet for all Hurricanes. The next level of YMCA championship meet, the Heartland Area meet, requires qualifying times to attend. Sectional-level or national-level meets involve qualifying times and usually airplane travel and hotel expenses. For such meets, qualifiers who wish to participate are expected to attend at least 80% of their group's available practices during the preceding season with a high level of engagement in order to justify the coach's travel costs and time away from practice as well as any travel subsidies the participants may receive.

Swimmers' Meet Conduct

1. If a team-area has been designated, swimmers are encouraged to remain with their teammates when not swimming or completing other essential business
2. No horseplay
3. Swimmers are expected to follow this general protocol for each race:
 - a. Monitor progress of meet and be at assigned heat and lane several heats in advance
 - b. Race your guts out
 - c. Congratulate your competitors for helping you do your best
 - d. Complete assigned water or dryland cooldown immediately after event; this includes after your final event as well
 - e. Report to your primary coach for debrief
 - f. Eat if appropriate
 - g. Cheer your teammates
4. Check with your coaches before leaving the meet to ensure that you are not entered in any more events; this is a particular issue for relay events

Officials

Officials implement the technical rules of swimming and ensure that the meet is fair and equitable to all teams. Parents may become officials by passing an certification course and then shadowing with a senior official for five meet sessions. All parents are encouraged to get involved in some form of officiating or meet administration. Most of our parents haven't any previous knowledge or experience in competitive swimming before becoming involved. **HHST reimburses aspiring officials the cost of class and mileage to the class if travel is required plus the additional stipends for each session worked at various meet levels:**

Dual/Tri (home/away meets)

- \$10 (Level 1 officials)
- \$20 (Level 2 officials)

Invitational Meets--\$20

Regionals/Area--\$25

Competitive Swimming Terminology

Please see our website at this link:

<https://www.teamunify.com/TabGeneric.jsp?tabid=158797&team=ozshhst>