

Bulldog Swim Club USA Swim Meet Guide

This information is also available on our Team Unify website under the Competition tab.

<https://www.teamunify.com/TabGeneric.jsp?tabid=94661&team=pcbcs>

WHO COMPETES IN A USA SWIM MEET?

In order to compete in Pacific Swimming sanctioned meets the athlete must be a member of USA swimming. Locally this is done by registering with Pacific Swimming and paying the annual \$73.00 athlete registration fee. Athletes who have not received their Pacific Swimming registration materials prior to the meet may be required to register at the meet and pay a \$10 surcharge.

WHAT MEETS DO I GO TO?

There will be many meets over the course of the year and we have a specific calendar for our team. This is posted on our calendar on Team Unify. Any meet that is **C/B/A+** is open to all swimmers. All BSC swimmers are encouraged to attend these meets unless otherwise instructed. Invitational meets are meets that you will need to have time standards for. Some invitational swim meets follow the National Age Group Time Standards, others like to be creative and make up their own, and some you can only attend by invite.

HOW TO SIGN UP FOR A USA SWIM MEET

We will let you know a meet is open for registrations through our weekly email communication. Meets are normally available for signup about 3 weeks before they occur, you want to sign up right away because they fill up fast. The details of each meet including location, times for warm ups, competition and other meet specific details are provided in the sanctioned meet information sheet. Entries are usually done online through <http://ome.swimconnection.com> but sometimes may be submitted via mail per the instructions in the meet information sheet. There are typically entry fees (\$10.00 splash fee plus \$2.50 per event). Our club code is **BSC**. If your swimmer has never swam a certain race before the time to be entered in ome.swimconnection.com is NT (No Time).

WHAT LSC AM I PART OF?

You are a part of Pacific Swimming.

WHAT ZONE AM I PART OF?

At Bulldogs Swim Club, we are part of ZONE 1 NORTH. Any teams within the San Mateo County and North Santa Clara County are within this zone.

STUFF TO BRING TO A MEET

Prepare for all types of weather! Meets often have cold beginnings and hot endings, or vice versa. Even if you are positive it is going to be hot you should still prepare to pack towels and sweatshirts. Please bring lots of food and water for your athlete! Lastly, pack an extra suit, cap and goggles...just in case something rips or doesn't go as planned.

TIME STANDARDS

Time standards are benchmarks for swim events. They help us see our improvement and can be suggestions for our next goal. Some invitational meets require us to make certain time standards in order to attend. Time standards go like this from the slower qualifications to the faster ones.

- C
- B
- BB
- A
- AA
- AAA
- AAAA

How do I look up Age Group Time Standards? You should go through either Swim Connection (if you have an account, it is optional) or the Pacific Swimming website.

- <http://www.pacswim.org/swim-meet-times/standards>

How do I get my kid's times? Either on Swim Connection or through the USA Swimming website

- Go to USA Swimming, then click on "Time Search", click on "Individual Time Search", then fill in the information and it should pop up.

JO meet standard: The **JO meet standard** is the qualifying time standard for the Junior Olympic meets that are offered in Pacific in March, July, and December. (There are no separate JO times for 8/unders -- they must qualify for JO meets at the 10/under standard.)

Far Western meet standard: Is the qualifying time standard for the two Far Western Championship meets that Pacific hosts each year in late March and late July. (Again, there are no separate Far Western meet standards for 8 & unders -- they must qualify for these meets at the 10/under standard.) The Far Western meet standard is currently the fastest time standard in Pacific used for meet entry purposes.

WHAT TO DO WHEN YOU ARRIVE AT A USA SWIM MEET

For most meets you will need to check in first thing! Checking in requires your swimmer to go to the check in table and circle the events they are swimming as well as initial by their name. If you do not check in 30 minutes before the event closes you will be dropped from that event. It is the swimmers responsibility to check in at a swim meet, not the coaches. Sometimes invitational meets are pre-seeded and so there is no check in.

WARM UPS

After you check in please find the coach! They will tell you when to warm up, where to warm up and make sure all your teammates are together and ready to go! Warm ups are very important. Swimmers need to test out the pool, get their nerves settled down, practice some starts and get their bodies ready to compete. Please arrive on time for your athlete to warm up with team. A few reminders about warm up: swimmers are required to make a 3 point entry in to the pool (no diving!). The lanes are typically very busy during warmups. You often see 10 swimmers per lane. This is very different than practice and takes some time to get used to. Each swimmer will be asked to do 2 or 3 sprint 25's from a dive at the end of warm ups under the supervision of a BSC coach.

GETTING YOUR HEAT AND LANE

After warm-up your events will typically be posted up on a board or wall 30 minutes before they happen. When you know your event, heat, and lane you will go to your coach and tell them what you are swimming and ask for tips on how to swim it.

CHECK IN WITH YOUR COACH BEFORE AND AFTER YOUR SWIMS

Please remind your athletes to check in with their coach before each swim and after each swim. We want to give your swimmer feedback and comments! Our coaches could have one swimmer after another in each heat or each event so we don't have time to track down your athlete. They need to take the responsibility to walk to the coach before and after each swim.

WHAT HAPPENS IF YOU HAVE A "BAD" MEET

There are times when a swimmer, for one reason or another, just has a meet in which they get one best time, if that and add to the rest of their races. These meets happen and we talk about how there are plenty of factors into getting a best time and how we should not internalize a race that didn't go as planned. Ask any coach on deck for an example of a time when they had a bad swim meet or race, it happens to everyone and is part of learning perseverance and commitment, two important life tools.

DID I JUST GET A DQ'd?

"DQ" stands for "Disqualified", which means your race did not count because you did something that was not legal. Common examples of this are:

- Touching the wall with one hand on breaststroke or butterfly
- Turning over onto your tummy for backstroke
- Scissor kicks for breaststroke or butterfly
- Doing a flip turn when there needs to be an open turn

It is not the end of the world to get disqualified, it is part of the learning process for both coach and athlete. Someone said a quote a few months back that I really appreciate "Failure is not the opposite of Success, they are a part of Success". Use this time to talk with your child about how they feel and encourage them to look at the situation objectively, to not internalize disqualifications, and to remind them why they are here: to learn!

RIBBONS/AWARDS

At some meets there are ribbons and awards given out for certain places. Not all swimmers will get ribbons. The coaches will grab the ribbons once the meet is over and will award them to the swimmers on Monday at practice.