

Challenge series meets have been a part of the essential training at PDST and a great way for swimmers to learn about meet preparation, meet procedures, and the art of racing in a low pressure meet situation. For swimmers to be successful, swimmers will need to be prepared! Listed below is some guidelines for setting up the best possible situation for you and your swimmer!

Pre-Meet Preparation

Swimmers should have their swim bags packed with suit (PDST suit), PDST cap, goggles, warm clothes, and plenty of warm towels. Along with these items, it is important that swimmers are eating and hydrating properly before, during and after the competition. Staying away from food and drinks with high sugar content is very important. Food items that are easily digestible and easily ready to be eaten are highly recommended!

Before Meet Set Up

Once you have arrived at the pool, swimmers should immediately check in with their coach. Once checked in, they are welcome to purchase a heat sheet, they will need to find a place to sit where they will be able to cheer and follow the meet. Then they should write out their event's assignment, heat #, and lane etc.

Warm Up

Once the swimmer's space is settled, the swimmer will need to get ready for warm up. They will not need equipment other than a suit, cap, and a pair of goggles for warm up. We meet behind the blocks about five minutes prior to the specified PDST warm up time. It is very important that they are on time for warm up so please make sure you have given yourself enough time to get to the pool. They will not be allowed to dive at the beginning of warm up but will be given an opportunity to when a designated lane is opened up for diving. Warm up is always supervised by a PDST coach unless there is a prior communication specifically indicating that another team coach will supervise our warm up activity.

Meet

This is the fun part! When each swimmer is approaching his or her time to swim they will need to go to stand (sit) behind the blocks or a specific staging area at the pool. Once there, they will need to check with the meet staff or the timer(s) to confirm the heat # and lane assignment. Waiting behind the block for the heat and prepare yourself for the race.

After the race

When the race is complete, get out of the pool quickly or when the meet is doing "diving over start", stay in the pool until the swimmer from next heat dives into the pool and then get out.

For backstroke, you should always get out of the pool to let the swimmer from next heat in. This will be a good time to check with the team coach for the feedback of your swim.