

# VALLEY AQUATICS



## Info for your first meet

To enter meets, you log on to your account on our website, go to the events tab, click edit commitment and select Yes or No to attend the meet. Often times you can select which events for your swimmer to enter. Please note that this a suggestion only as the coach may alter their entries based on what they would like to see your swimmer compete in. You can also just leave the events blank and the coaches will choose. In the notes field, enter days your child can attend. You can alter your status up until your entries say approved. Once they are approved, you can longer change. You must enter the event by the deadline, which is posted under the event itself. Most meets need to be entered at least 3 weeks in advance.

You will be charged on your account once entries have been approved and sent in. The charges can range from approx. \$20-80 depending on the meet and location. For most challenge meets and meets at high school pools, you can assume a meet will be on the low end of that scale. Please note: once you enter a meet, regardless of attendance, you must pay for those events.

Once the entries are processed, they will be posted on the website on each individual event page. You can also search the psych sheet for your swimmers name when it is released to make sure your swimmer is in the events they requested.

Your swimmer should bring their racing suit, VAST cap, goggles, towels, something to keep them warm, snacks, and water. It's important to be on time for warm up to replicate the same routine at the meet that they do at practice. Being on time for warm up also helps the coaches prepare their relays.

In order to swim relays there must be 4 swimmers in a particular age group present at the meet. The swimmers are selected based on their times in the stroke/distance that will be swum in the relay, but the coaches make the final decision.

Some meets require positive check-in. This means that even though your swimmer has signed up for the meet, when they arrive they need to initial next to their name in order to let the meet directors know they are present and should be assigned to a lane. Swimmers can always check with their coaches if they need to check-in.

During or after a meet you may notice in the results that instead of a time next to your swimmers name it says "DQ". This stands for disqualification and means that during the race the swimmer did something illegal under USA Swimming rules. DQ's are part of the learning process and has happened to every swimmer. The coaches make sure to take note of all our DQ's during the meet and work on them in practice.