

# FAQ: ATTENDING MEETS

## Are meets mandatory?

Attending meets is not mandatory, but definitely encouraged. For all the work that UPAC swimmers do in the pool, a swim meet is the best way to recognize progress.

## Is there an additional cost to attending meets?

Generally, there is a meet entry fee, and an event entry fee that is charged by the meet host and is assessed to your UPAC account after entries are made. The meet entry fee is usually about \$5-\$10, and the event entry fee is usually about \$4. In a typical meet a swimmer might swim 4 events and in addition 1 to 2 relays. The total cost would be about \$20-\$25/swimmer. UPAC pays the cost of entering relays.

The fees are also charged at swim meets hosted by UPAC at Curtis Aquatic Center.

An additional coaches surcharge is applied to any meet away from Curtis Aquatic Center to help cover the expense of providing additional coaches on deck at away swim meets. Due to high participation at away meets, UPAC has had as many as 3 coaches on deck for a session.

## Can I enter a swimmer after the UPAC deadline for entries has passed?

The easiest way to be entered into a swim meet is to commit to the meet through [www.upacsharks.org](http://www.upacsharks.org). Doing this allows the UPAC head coach to include your swimmers entry with the entire team's entry. However, if you don't realize that your swimmer can attend until after the UPAC entry deadline there is a possibility of going to the meet and entering on deck. There is no guarantee of space in the pool to allow your late entries, but the possibility does exist. Often meet hosts charge an extra fee for deck entries. Some meets however do not allow deck entries.

## What is typical meet schedule look like?

The most typical meet is made up of 4 sessions: session 1 - Saturday morning (8:00am - 1:00pm), session 2 - Saturday afternoon (1:00pm - 6:00pm), session 3 - Sunday morning morning (8:00am - 1:00pm), and session 4 - Sunday afternoon (1:00pm - 6:00pm). Sessions however do not always run the full 4 hours.

Each session is made up of a 1 hour warm-up and up to 4 hours of competition. Each age/gender grouping is assigned to one session each day. The breakup of age/gender groupings can vary and is detailed on each meets information sheet.

What food to bring to meets?

This is up to personal preference but you should consider that a swimmer will be on deck for up to 5 hours. After warm-up, they are likely to swim about once every hour. Healthy snacks and water or sports drinks are probably the best option replenishing nutrients and staying hydrated.

What is positive check in?

Positive check in is typically used by meet hosts when a long distance event is scheduled. It means that every swimmer must check in before the start of the competition session so that the meet host can assign lanes based on the number of swimmers that are in attendance and not the number of swimmers that signed up. This way the meet host can run long events with as few empty lanes as possible.

What does it mean to scratch an event?

Scratching an event is simply that a swimmer has signed up for an event but doesn't swim the event. A swimmer can scratch an event in advance as a courtesy to the meet host. Fees for swimming the event cannot be reimbursed however when a swimmer misses/scratches an event.

If a swimmer misses their opportunity to swim it is possible that the head coach can talk to the meet referee about finding another opportunity for the swimmer to swim the event, probably alongside swimmers of another age/gender group.

About meet mobile and deck pass?

Meet Mobile and Deck Pass are mobile phone apps that can be loaded to your phone. They are sometimes used by meet hosts to report the current progress of a meet and meet results in real time. Not all meet hosts post information to these apps.

What are swimmers marking on their arms?

To keep track of which events a swimmer is scheduled to swim, swimmers often write these details on their arm or leg. For swim and swimmer is assigned an event #, heat #, and lane #. This information is found in the program can be purchased for a few dollars. The program is also often posted on a wall on the pool deck and/or lobby.

Swimmer write this information with a sharpie in the following format:

| <b>Event</b> | <b>Heat</b> | <b>Lane</b> |
|--------------|-------------|-------------|
| 3 - 50 free  | 2           | 4           |

How do swimmers know when it is their turn to swim?

Swimmer need to pay attention to announcements made by the meet host. A typical announcement is: “First Call: event 3, Heat 2, girls 10&under 50 free; second call: event 3, heat 1, girls 10&under 50 free; Final all: event 2, heat 2, 13&O girls 100 back.”