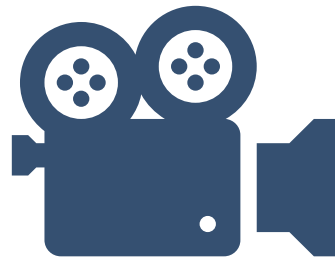


SWIM MEET 101: SWIM TEAM PARENT EDUCATION

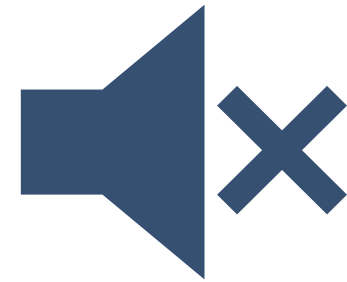




USE THE CHAT FOR
QUESTIONS



MEETING WILL BE
RECORDED AND SLIDES
WILL BE EMAILED TO ALL



KEEP DEVICES ON MUTE

**CAPITAL SPORT AND SWIM
&**

DC WAVE SWIM TEAM

WELCOME

**BACK TO
POOL EVENT**

SUNDAY, SEPT. 21 | 10AM-2PM



**TEAM UNIFORM PICK UP
TRAINING EQUIPMENT FOR SALE
TEAM APPAREL FOR SALE**



www.dcwaveswimteam.com



10558 Metropolitan Avenue, Kensington, MD 20895



- **DC WAVE COMPETITIVE PHILOSOPHY**
- **WHAT HAPPENS AT A SWIM MEET**
- **MEET ENTRY PROCESS**
- **WHAT TO BRING/WEAR**
- **MEET RESULTS**
- **VOLUNTEERING**

WHY WE COMPETE?



TEST LEARNED
SKILLS/KNOWLEDGE



LEARN
NEW SKILLS/INFO



BUILDS TEAM
CHEMISTRY



HELPS COACHES
OBSERVE WHAT HAS
BEEN LEARNED /
NOT LEARNED

DIFFERENT TYPES OF MEETS

- **SANCTIONED MEETS** – ALL SWIMMERS, COACHES, TEAMS, AND OFFICIALS ARE REGISTERED WITH USA SWIMMING. USA SWIMMING RULES GOVERN THE MEET. ALL RESULTS WILL BE LOADED INTO SWIMS DATABASE.
- **APPROVED MEETS** – SOME SWIMMERS, COACHES, TEAMS MAY NOT BE REGISTERED WITH USA SWIMMING, BUT ALL OFFICIALS ARE REGISTERED USA SWIMMING MEMBERS. USA SWIMMING RULES GOVERN THE MEET. SOME RESULTS WILL BE LOADED INTO SWIMS.
 - *EXAMPLE: BLACK HISTORY SWIM MEET (WASH., DC), BLACK HERITAGE SWIM MEET (CARY, NC)*
- **OBSERVED MEET** - NO TEAMS ARE NOT REGISTERED WITH USA SWIMMING. USA SWIMMING RULES ARE USED TO GOVERN THE MEET, AND THE MEET IS OFFICIATED BY USA SWIMMING OFFICIALS. SOME RESULTS WILL BE LOADED INTO SWIMS.
 - *EXAMPLE: COLLEGE DUAL MEETS, OR HS CHAMPIONSHIP MEETS*



GENRES OF MEETS

Intrasquad

Dual / Tri
/ Quad

Mini Meet

Invitational

Open

Trials/Finals

Travel

Qualifying

Championship

Open Water



PARENT VOLUNTEERS

**CLERK OF
COURSE**

TIMER

HEAD TIMER

CONCESSIONS

HOSPITALITY

**RIBBON
WRITER**

RUNNER

OFFICIALS



SWIM MEET OFFICIALS

**MEET
REFEREE**

STARTER

**CTS
OPERATOR**

**HY-TEK
OPERATOR**

**STROKE &
TURN
JUDGE**



MEET ENTRY PROCESS

- **14-20 DAYS BEFORE THE MEET: [MEET ANNOUNCEMENT](#) AND INFORMATION SENT OUT TO FAMILIES**
 - IF NEW TO USA SWIMMING, MAKE SURE TO REGISTER YOUR SWIMMER WITH USA SWIMMING BEFORE SIGNING UP FOR A MEET.
 - CHECK YOUR FAMILY CALENDAR TO CONFIRM YOUR SWIMMER IS AVAILABLE TO PARTICIPATE THAT WEEKEND.
 - DECLARE YOUR SWIMMER'S INTENT TO SWIM IN THE MEET AND MAKE YOUR EVENT SELECTIONS.



SWIM MEETS 101: PARENT EDUCATION

Sep 10, 2025

Join us next Saturday, September 20th for a tutorial on all things swim meets with the DC Wave Swim team this season! We will...



30 DC WAVE SWIMMERS & PARENTS TAKE PART IN USA SWIMPOSUM AT UMD

Sep 08, 2025

DC Wave was well represented at the recent USA/PVS Swimming Swimposium, held Saturday, September 6, at the University of Maryland. A Swimposium is a...

VIEWABLE WAITLIST FOR TRAINING GROUPS

Aug 02, 2025

[CLICK HERE TO VIEW WAITLIST](#)

NEW PARENT MEETING - SATURDAY, SEPT. 6! [VIRTUAL]

Aug 02, 2025

I thank you for attending the new parent meeting! We are excited to have you join us for the 2025-2026 swim season. For anyone who...

BACK TO POOL SHOPPING LIST!

Jul 03, 2025

As we begin to close out the 2024-2025 swim season, now is an excellent time to do an inventory of your swim bag and...

2025-2026 PRACTICE SCHEDULE!

Jun 24, 2025

ALL PRACTICES BEGIN SEPTEMBER 2ND FOR NATIONAL PREP AND NATIONAL DEVELOPMENT.

Team Events

General

Registration

SEP
20

Yoga for Swimmers - Ages 11 & Over [09.20.25]

Sep 20 2025

11:15 am - 12:00 pm

Age Group 1, Age Group 2, Age Group 2A, Age Group 2B, Age Group 3A, Age Group 3B, Developmental 2, Developmental 2A, Developmental 2B, Developmental 3

[Register Online](#)SEP
21

BACK TO POOL EVENT!

Sep 21 2025

10:00 am - 02:00 pm

SEP
27

PAC ALL FREESTYLE MEET

Sep 27 2025

12:00 am - 12:00 am

[Attend/Decline](#)OCT
10

ASA FALL KICK OFF MEET

Oct 10 2025 - Oct 12 2025

12:00 am - 12:00 am

OCT
18

DC WAVE PUMPKIN SPICE PACER (AGES 11& OVER)

Oct 18 2025 - Oct 19 2025

Athlete Signup Committed Athletes Undeclared Declined

Registration Deadline has passed.

PAC ALL FREESTYLE MEET

Sep 27, 2025

My Account:

Green, Robert

(202) 576-9534

[Q Change Account](#) (Admin Only)

Registration Deadline:

09/14/2025

Meet Name:

2025 PAC All Freestyle Meet

Location:

Fairland Aquatic Center, 13820 Old Gunpowder Road,
Laurel, MD 20707, USA

Course:

YO

Meet Type:

Start Date:

09/27/2025

End Date:

09/27/2025

Age Up Date:

09/27/2025

Use Date Since:

09/27/2023

Enforce entry based on [Qualify Time]

Restrict entry [Best Time] to same [Meet Type]: **No**

Event Declaration Setting:

Maximum Event Entry Limitations [View](#)

Allow Course Conversion

If Athlete qualifies for non-qualifying [Entry Time] to the mini. [Qualify Time]: **No**

[View/Edit All Meet](#)

[Go Back to Event Home Page](#)

Click on Member Name to declare for this Event:

Member Name:

Robert Green

Active

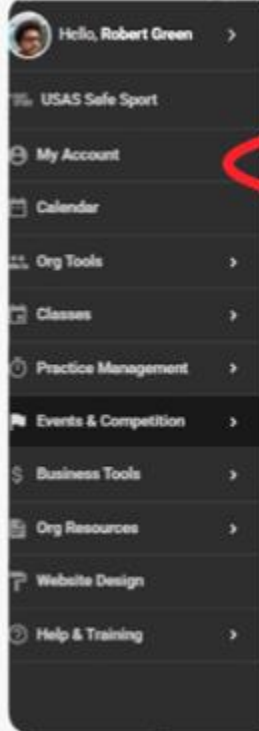
Member Commitment

Undeclared

Coach Approved

Last Updated

Registration Deadline has passed.



PAC ALL FREESTYLE MEET (Sep 27, 2025)

Member Athlete
Rob Green

*Declaration

-SELECT-

Notes

Select **YES** or **NO** from the drop down menu, and click **Save Changes**. If there is anything specific you would like your swimmer's coach to know before they approve/edit the entries, please use the notes section to leave them a message.

Save Changes



USAS Safe Sport

My Account

Calendar

Org Tools

Classes

Practice Management

Events & Competition

Business Tools

Org Resources

Website Design

Help & Training

View team website...

Team Events [Need help with Events?](#)

Meet Name: **2025 PAC All Freestyle Meet**

Location: **Fairland Aquatic Center, 13820 Old Gunpowder Road, Laurel, MD 20707, USA**

Course: **YO**

Meet Type:

Start Date: **09/27/2025**

End Date: **09/27/2025**

Age Up Date: **09/27/2025**

Use Date Since: **09/27/2023**

Enforce entry based on [Quality Times]: **No**

Restrict entry [Best Time] to same [Meet Type]: **No**

Event Declaration Setting: **Commit by Event** [Edit](#)

Maximum Event Entry Limitations [View](#)

Allow Course Conversion for Relays: **No**

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini [Quality Time]: **No**

Committed Sessions: **None**

Athlete Qualifying Age: **40**

Competitive Category: **Male**

Important Notes

1. Please pick the individual events below that the Athlete wants to attend and enter [Entry Time]. Please enter **NT** if no Entry Time is available.
2. Relay teams are solely determined by the coaches. If you have problem attending the relay teams, please contact coaches directly.
3. You cannot make changes after the coach approved or rejected your application. Please contact admin to change your records.
4. Please enter [Entry Time] in this format: **mm:ss.hh**
5. [Bonus] is not a standard option, send Entry Report to the meet host in addition to the SD3 file
6. Only **Admin** can customize [Entry Time] and set [Bonus] fields.

Day 1 Session 2 Max Entries this Session **IE = 4 | Rel = 0 | Comb = 4**

	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Competitive Category	Event	Quality Time
☐	NT		☐	☐		2B	B	15 & Over 50 Free	
☐	NT		☐	☐		12B	B	15 & Over 100 Free	
☐	NT		☐	☐		22B	B	15 & Over 200 Free	
☐	NT		☐	☐		32B	B	15 & Over 500 Free	

[Save Changes](#)

- 
- A background image of an indoor swimming pool. In the foreground, several young swimmers wearing yellow and pink swim caps are in the water, some resting their heads on the pool edge. A coach or adult is standing on the pool deck, leaning over the edge. The pool has blue tiled walls and a large window in the background.
- **7-10 Days Before the Meet: Meet entries due to the meet host**
 - Once entries are submitted to the meet host, our team is responsible for covering those meet entry fees. There are no refunds for missed swims or last-minute cancellations.
 - Sometimes we can send in updated entries where swimmers can be added after the deadline or events can be switched, but this is not always the case and is at the discretion of the meet director.

- **3-5 DAYS BEFORE THE MEET: FINAL MEET INFORMATION AND ANNOUNCEMENTS ARE RELEASED.**
- HEAT SHEETS, TIMELINES, PSYCH SHEET, VOLUNTEER SIGN UP LINKS, CALL FOR OFFICIALS, FACILITY UPDATES, SCHEDULE CHANGES, ETC.



A background image showing a coach in a black shirt and khaki pants crouching in a swimming pool, interacting with young swimmers wearing yellow caps. The scene is dimly lit, with light reflecting off the water and the coach's shirt. Bubbles are visible in the top left and bottom right corners.

- **48 HOURS BEFORE THE MEET: FINAL PREPARATIONS & CHECKS**

- MAKE SURE TO ATTEND PRACTICE IN THE DAYS LEADING UP TO A MEET.
- DOUBLE CHECK YOUR SWIMMER'S SWIM BAG.
- PACK SNACKS & ENTERTAINMENT
- DOUBLE CHECK THE LOCATION AND WARM UP TIME FOR YOUR SWIMMER'S SESSION (CHECK PVS WEBSITE AND/OR DC WAVE WEBSITE FOR ANY UPDATES).
- MAKE SURE YOUR SWIMMER KNOWS THEIR EVENTS AND IF POSSIBLE, THEIR HEATS AND LANE ASSIGNMENTS.



#1 Mixed 12 & Under 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed	Time
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Heat 1 of 3 Finals Starts at 10:30 AM

1	EB Van Horn	W8	DCPR-PV	NT	
2	Aliyah Amonles	W11	DCPR-PV	NT	
3	Isabela Grace Paez	W11	DCPR-PV	1:05.04	
4	Lincoln Walton	M11	DCPR-PV	56.67	
5	Isabel Burke-Chinarro	W11	DCPR-PV	1:02.32	
6	Noa Ladly	W10	DCPR-PV	1:22.80	
7	Juliette Tran	W11	DCPR-PV	NT	
8					

Heat 2 of 3 Finals Starts at 10:33 AM

1	Jack Whitcomb	M12	DCPR-PV	54.07	
2	Stefan Villagra	M10	DCPR-PV	52.83	
3	Natalia Torres-Rivera	W11	DCPR-PV	47.91	
4	Mabel Allender	W11	DCPR-PV	45.68	
5	Aurelia Chiovenda	W10	DCPR-PV	45.92	
6	Finn Holman	M11	DCPR-PV	51.56	
7	Gavin Cooper	M10	BAY-MD	53.45	
8	Avery Novik-Welch	W10	DCPR-PV	56.36	

Heat 3 of 3 Finals Starts at 10:34 AM

1	Jonah Mandell	M10	BAY-MD	41.15	
2	Mikhi Maness-Blakney	M11	DCPR-PV	38.88	
3	Monroe Stormberg	W10	DCPR-PV	37.20	
4	Birdie Hill	W11	SMDA-MD	36.17	
5	Leila Lipton	W12	DCPR-PV	36.91	
6	Mateo Vazquez	M11	TANK-PV	37.66	
7	Penelope Paden	W10	DCPR-PV	39.52	
8	Janelle Johnson	W10	DCPR-PV	43.93	

#2 Mixed Open 100 LC Meter Freestyle**Heat 3 of 10 Finals Starts at 10:43 AM**

1	Joshua Kum	M13	DCPR-PV	1:44.42	
2	Ellis Berlind	W13	DCPR-PV	1:37.14	
3	Miles Lewis	M14	DCPR-PV	1:35.03	
4	Ananya Mukhopadhyay	W11	YBCC-PV	1:32.86	
5	Frankie Bender	W12	DCPR-PV	1:34.40	
6	Jack Whitcomb	M12	DCPR-PV	1:36.55	
7	Zac Emerine	M12	DCPR-PV	1:40.58	
8	Avangelina Tran	W13	DCPR-PV	1:55.40	

Heat 4 of 10 Finals Starts at 10:45 AM

1	Zev Thakkar	M12	DCPR-PV	1:30.00	
2	Paul Hillbruner	M12	DCPR-PV	1:27.77	
3	Violet Davis	W13	DCPR-PV	1:25.74	
4	Porter Nuzzo	M12	DCPR-PV	1:24.32	
5	Izrael Charles	M17	DCPR-PV	1:24.34	
6	Hannah Weintraub	W10	DCPR-PV	1:26.20	
7	Logan Weintraub	M12	DCPR-PV	1:28.90	
8	Mabel Allender	W11	DCPR-PV	1:31.63	

Heat 5 of 10 Finals Starts at 10:48 AM

1	Jo Ince	W12	DCPR-PV	1:23.53	
2	Riley Raspberry-Hallmon	W16	DCPR-PV	1:22.35	
3	Charlotte Morse	W13	DCPR-PV	1:21.83	
4	Alessandra Pierola	W12	FAST-PV	1:20.22	
5	Oskar Brassart	M12	YBCC-PV	1:21.02	
6	Isaiah Lee	M12	YBCC-PV	1:21.89	
7	Logan Nuzzo	M11	DCPR-PV	1:23.26	
8	Nico Hernandez Velandia	M12	YBCC-PV	1:23.83	

Heat 6 of 10 Finals Starts at 10:50 AM

1	Alex Tiso	M10	YBCC-PV	1:19.12	
2	Ava Mabrouki	W10	DCPR-PV	1:18.49	
3	Wilgus Dodger-Fox	M14	HEAL-PV	1:17.98	

Heat 9 of 10 Finals Starts at 10:55 AM

1	Brayden Pitts	M13	BAY-MD	1:07.51	
2	Lilian Walton	W14	DCPR-PV	1:07.20	
3	Jason Johnson	M12	DCPR-PV	1:06.97	
4	Maceo Manolacos-Loewen	M14	DCPR-PV	1:05.16	
5	Emily Davis	W15	BAY-MD	1:06.70	
6	Adrian Brandes	M17	YBCC-PV	1:07.19	
7	Eliana Hebert	W13	FAST-PV	1:07.47	
8	Eva Beggiato	W16	DCPR-PV	1:07.89	

Heat 10 of 10 Finals Starts at 10:57 AM

1	Tilly Mott	W16	DCPR-PV	1:04.88	
2	Mohammedali Nadeem	M18	YBCC-PV	1:02.58	
3	Luke Morris	M15	TANK-PV	57.71	
4	Ben Dixon	M19	DCPR-PV	56.41	
5	Jason Chen	M18	FAST-PV	57.42	
6	David Stanley	M17	BAY-MD	59.10	
7	Lucia Vazquez	W15	TANK-PV	1:03.64	
8	Aodhan Karl	M18	BAY-MD	1:05.00	

#3 Mixed Open 200 LC Meter IM

Lane	Name	Age	Team	Seed	Time
------	------	-----	------	------	------

Heat 1 of 3 Finals Starts at 10:59 AM

1					
2					
3	Finn Holman	M11	DCPR-PV	NT	
4	Lincoln Walton	M11	DCPR-PV	4:17.86	
5	Juliette Tran	W11	DCPR-PV	NT	
6					
7					
8					

Heat 2 of 3 Finals Starts at 11:04 AM

1	River Walton	M10	DCPR-PV	4:12.33	
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Event #

Heat #

Lane #

Stroke

E	H	L	S
7	1	4	200 MR (2-BR)
19	1	2	50 FR
41	1	3	50 BA
51	1	5	50 FL
71	1	4	200 FR (3)

Medley Relay;
2nd leg;
breastroke

Free Relay;
3rd leg

MEET DAY!

- MAKE SURE YOUR SWIMMER EATS SOMETHING AND HYDRATES BEFORE THE MEET.
- PLAN TO ARRIVE AT LEAST 15 MINUTES BEFORE THE STATED WARM UP TIME.
- THINGS TO BRING:
 - DC WAVE SWIMSUIT
 - DC WAVE CAP(S)
 - GOGGLES
 - TOWEL
 - [SNACKS & FLUIDS](#)
 - ENTERTAINMENT – BOOKS, CARDS, HOMEWORK, GAMES, ETC.
 - WARM CLOTHING
 - FLIP FLOPS, SANDALS, CROCS





MEET RESULTS

- RESULTS ARE POSTED ONLINE AND INSIDE THE POOL AFTER THE CONCLUSION OF EACH EVENT.
- ONLINE RESULTS CAN BE VIEWED USING THE MEET MOBILE APP.
- ONCE THE MEET HAS CONCLUDED A FINAL VERSION OF THE RESULTS FOR THE ENTIRE MEET IS SUBMITTED TO PVS AND USA SWIMMING.
- SWIMMER'S RESULTS AND BEST TIMES CAN BE ACCESSED VIA THE SPORTS ENGINE APP WHICH IS LINKED TO OUR TEAM'S WEBSITE AND ATHLETE DATABASE.

ADDITIONAL MEET INFORMATION

- ADDITIONAL MEET AND TEAM INFORMATION IS AVAILABLE IN OUR TEAM HANDBOOK:
 - GLOSSARY OF TERMS – PG. 35-37
 - COMMON DISQUALIFICATIONS – PG. 38
 - WHAT TO BRING TO MEET AND MEET ETIQUETTE – PG. 26-27
 - TEAM AWARDS – PG. 13
 - IRON ATHLETE AND IMX PROGRAMS – PG. 14-15



The background of the slide is a light gray gradient. It is decorated with numerous realistic water droplets of various sizes. Some droplets are large and prominent, while others are small and subtle. They are scattered across the frame, with a higher concentration in the top-left and bottom-right corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

QUESTIONS?