

# HOW SATURDAY MEET SHEETS ARE CREATED

A meet sheet is a list of all swim meet events by age group and gender. Swimmers are listed in an event with their fastest recorded time, whether at time trials or at a Wednesday or Saturday meet. Preparing the Saturday meet sheet is an iterative process that requires a number of factors to be coordinated. Some of these factors are coach driven, others are swimmer driven, and some are parent driven.

The coaches start with a ladder of individual top times within an age group and gender which lists swimmers in descending speed order. New ladders are generated after each Wednesday and Saturday meet. These ladder swim times drive the seeding of Saturday meets.

## **SUNDAY NIGHT:**

- COACHES send ladder electronically to parents (and, therein, their swimmers)
- PARENTS go to [www.saratogastingrays.org](http://www.saratogastingrays.org) and commit your swimmer as available (or not available) to compete on Wednesday night.

## **MONDAY:**

COACHES start with the ladder that is generated from the Saturday meet results. The most current ladder is posted at pool for swimmers and parents to review and discuss. Speak with your swimmer about which strokes he/she wants to swim on Wednesday, with the understanding that the coaches will not place your swimmer in a stroke which is: 1) not yet legal, or 2) in which your swimmer placed first, second or third on the Saturday prior.

\* Colonial Swim League rules dictate that anyone who places first, second or third at a Saturday meet cannot swim that stroke at the following Wednesday night B Meet. This excludes the Individual Medley (IM) event (one lap of fly, breast, back and freestyle) which can be swam at all meets.

## **TUESDAY NIGHT 12:00 AM MIDNIGHT:**

### **ONLINE DEADLINE TO COMMIT SWIMMER TO SWIM AT SATURDAY MEET**

PARENTS (or older swimmers) go to [www.saratogastingrays.org](http://www.saratogastingrays.org) to commit your swimmer online by no later than Tuesday at midnight.

- If there are time constraints limiting your swimmer's availability at a meet, please write them in the Notes box underneath your swimmer's commitment status. This information is helpful for the coaches because it dictates in which events a swimmer could feasibly compete, to include end-of-meet relays.
- Committing your swimmer to a Saturday meet does not guarantee your swimmer will compete on Saturday. Rather, it means that your swimmer is available to swim if he/she is needed.
- After Tuesday night, only swimmers who are listed as committed to a meet will be considered for inclusion in a Saturday meet sheet. Exceptions will be addressed directly between coaches and parents.
- The ladder of individual top times is the ultimate driver for placement of swimmers into a meet.
- If a swimmer high on the ladder is unavailable to swim at a Saturday meet, then this may open up an opportunity for a swimmer lower on the ladder to be able to swim on Saturday.

- A SWIMMER telling a coach that he/she is available (or not) for a Saturday meet isn't enough information for the coaches. The coaches must rely on the swimmer's commitment status as identified online.

### **Wednesday morning:**

COACHES use the aforementioned swimmer commitment list on Wednesday morning to start working on the Saturday meet sheet.

### **Wednesday night B Meet:**

SWIMMERS have an opportunity to improve their times and move up their age group and gender ladder.

- SWIMMERS report on deck 15 min before warm-up start time and ready for competition.
  - For Wednesday Home meets : On deck at 4:30 pm
  - For Wednesday Away meets: On deck at 5:00 pm

### **Thursday morning:**

Wednesday meet results lead to a revised ladder that the coaches use, along with the swimmer commitment list, to continue preparing the Saturday meet sheet.

### **Thursday evening:**

- COACHES will electronically send parents the first draft of the Saturday meet sheet and the revised ladder.
- PARENT and SWIMMER should review the meet sheet, along with the most current ladder, before your swimmer comes on deck on Friday morning.
- PARENTS should address any concerns directly with the coaches via email (see below), as soon as possible.

### **Friday morning practice:**

- COACHES inform swimmers of what they will be swimming on Saturday.
- The meet sheet could change if coaches are informed by a swimmer's parent that he/she can no longer swim in a meet due to illness or other unexpected circumstance;
- It then becomes possible that a swimmer not listed on the first draft may get added, for the first time, to the final meet sheet. Only swimmers who are listed as committed to the meet will be considered for inclusion in the final meet sheet.

### **Friday afternoon no later than 5:00 pm:**

- COACHES will send the final meet sheet electronically to parents.
- PARENT and SWIMMER should once again review the meet sheet to see if anything has changed for your swimmer, including whether your swimmer has been added for the first time to the meet sheet.
- *If at any time circumstances change for your family that result in your swimmer's inability to swim at a Saturday meet, please immediately inform the head coaches via email.*
- This is important so that the coaches can identify an alternate swimmer, who otherwise may not have expected to compete on Saturday, can be notified to come to the meet on Saturday morning.

**Saturday morning:**

- SWIMMERS report on deck 15 min before warm-up start time and ready for competition.
  - For Saturday Home meets : On deck at 6:30 am
  - For Saturday Away meets: On deck at 7:00 am
- When a swimmer fails to show at the meet, without informing the coaches, this will have an impact on the meet. The swimmer would have been placed in individual events with the potential to place for the team, and his/her relay team will likely not be able to compete, a frustration for 3 other swimmers.

\*\* There may be occasions when a ladder or meet sheet publication is delayed for reasons beyond anyone's control. If a delay is anticipated, COACHES will inform parents as soon as possible about the delay and the anticipated new delivery timing. Your patience under these undesirable circumstances will always be appreciated.

**CONTACT EMAILS**

**Head Coach Sarah Clouse: [sarahclouse@yahoo.com](mailto:sarahclouse@yahoo.com)**

**Assistant Head Coach Amy Tyeryar: [amytyeryar@yahoo.com](mailto:amytyeryar@yahoo.com)**