

STINGRAYS SWIM MEET INFORMATION

FAQs ABOUT SWIM MEETS 2018-19:

What should we pack for the meet?

Team suit, team cap, goggles (and a spare pair if possible), spirit wear, copies of final heat sheets, sharpie markers, several towels, sweatshirts/pants (it gets cold after racing at night), entertainment for young kids (cards, games, books).

Where do we park?

Parking at swim meets can be limited, especially for those arriving later. At Ivy, people will wind up parking on the drive leading up the parking lot. We'll update on the parking situation for each club we swim against.

What time do we arrive?

Plan on arriving 15 minutes before the team warm-ups so your kids can get settled. 6 and unders do not need to warm up.

What time are team warm ups?

Swimmers need to be at swim meets ready for warm ups at 5:30 for away meets and 5:15 for home meets. Host team always has first warm ups.

How do we know where to sit?

At Ivy Hills, the parking lot side of the pool is reserved for the visiting team. Tables near the food areas should be reserved for people eating dinner – please don't 'camp' out at those tables.

What is the deal with food and drinks?

Remember that the policy at all of the Country Clubs in our league (including Ivy Hills) is that we cannot bring our own food and beverages to the pool. Away clubs will do reciprocating member charges back to Ivy Hills for any food and beverage that you purchase (it will show up on your monthly invoice). Most clubs will do a dinner buffet (some charge for the full buffet and others charge per item) and also have a snack shack and poolside bar.

What is a heat sheet?

Heat Sheets are a schedule of the day's events listing the name of each swimmer and which heat and lane they will be swimming in during their event. **Heat sheets are e-mailed to parents on the day of the meet.** Bring a highlighter or pen to mark your swimmers events and keep track of times for your swimmer.

What is the difference between a heat sheet and the entry document you send out on Monday?

The Monday entries are just our team's information. After consolidating with the opposing team for each week, heats and lane numbers may be changed. Your swimmer will likely still be in the same events (sometimes relays need to be changed), but you will need the final heat sheet before you write on their arms their heats and lanes.

The two documents are the 'Entries by Event' and the 'Entries by Individual'. PLEASE REVIEW THESE DOCUMENTS as soon as you get them to make sure your child is entered if they are supposed to be or not entered if you cannot make the meet. Go over WITH YOUR SWIMMER BEFORE THE MEET SO THEY ARE AWARE OF WHAT THEY ARE SWIMMING!!

The 'Entries by Event' document is the full listing of our Stingray swimmers in the order of all 68 events that will occur Wednesday night. You'll find the event number, the name of the event (which indicates the gender, age, type of stroke, and distance for each event) along with each of our Stingray swimmers entered into that event with two numbers next to the swimmer's name, separated by a slash (/). These two numbers indicate the Heat and Lane assignment for each swimmer for each event. There is also a spot to the right of the swimmer for that swimmer's best time in that event, but for the first meet everyone has 'NT' next to it to indicate NO TIME is recorded for their best time (unless your swimmer has a best time from last season). This column will be updated throughout the year to show each swimmer's best time in that event. THE FIRST MEET'S ENTRIES ARE ALWAYS GUESS-WORK BY THE COACHES, SINCE MANY OF OUR SWIMMERS DON'T HAVE TIMES YET... The coaches will use your swimmer's posted times at the meets to determine the correct heats moving forward!

The 'Entries by Individual' document is a similar report, but grouped by individual swimmer so you can see only those events in which your Stingray(s) are competing. This is the most important document for you if you want to just focus only on what your children are swimming in. Like the Entries by Event document, it contains the Event Number, Event Name, and Heat/Lane designation for each event--grouped by swimmer. The girls are listed first, then the boys. YOU WILL USE THIS DOCUMENT TO WRITE INFORMATION ALL OVER YOUR SWIMMER'S ARM SO THAT THEY ARE AWARE OF THEIR EVENT / HEAT / LANE / STROKE. On Wednesday, please bring a sharpie pen to the meet so that you can write a table on your child's forearm with the information for their meet.

Why do we need a sharpie pen? How do we mark events on swimmers arms?

Sharpies/permanent markers are used to help swimmers remember their event number, heat number, and lane assignments. For example, here are my daughter's events from a meet last year – I would write the below grid on her arm:

Molly Armstrong (8)

# 9	Female 8 & Under 100 Medley Relay A		Fly
# 21	Female 7-8 25 Free	1/4	NT
# 31	Female 8 & Under 25 Breast	1/2	NT
# 43	Female 7-8 25 Back	1/4	NT

E	H	L	
9			Fly
21	1	4	Free
31	1	2	Breast
43	1	4	Back

How do I get the Sharpie writing off my child?

Typically it comes off a day or two later after swim practices, but if you need to remove it sooner try baby oil.

How are lanes and heats assigned?

The size of the pool and number of swimmers determines the number of heats required for each event. Normally slower heats swim first and the fastest heats swim last. Swimmers always swim with others who have comparable times. Lanes are assigned by the fastest to slowest seed time in that heat. Faster times are in the middle, slower times are in the outside lanes.

Some swimmers will have NT for a seed time. This means the athlete does not have a documented time for the event. For the most part, NT times belong to first time swimmers, swimmers who have moved into a new age division, and/or swimmers who have not swum the distance (yards/meters) for this event. Occasionally, there will be an experienced NT swimmer who is much faster than others in the heat, and the race can be quite lopsided. Officials and coaches try to prevent this as much as possible, but it can happen.

After driving to practice, washing tons of towels and deciphering these heat sheets - what do I do at the meets?

As parents, we are responsible for making sure our swimmers are rested, fed, hydrated, have the proper team gear, and on time for their events. For 10 & under swimmers, make sure they are ready 1 or 2 events before the start of their race and know their heat and lane assignment so that they can get ready to head to the starting blocks. Otherwise, if you not volunteering at that meet, you are free to eat, drink and chat!

How do I know what event is in the pool?

Listen to the announcer or look at the time board. The event and heat will normally appear at the top of the board. At meets where the team areas are not on the pool deck, there will normally be an event/heat clock or announcer letting swimmers know what event is on deck. Some heat sheets also have an estimated timeline included.

Each event is announced 3 times: first call event #, second call event #, final call event #.

Swimmers are to be behind their starting block and ready to swim before the final call.

Make sure that you are listening with your swimmer for their events. It can get very loud and hard to hear at times, and if they aren't paying attention, an event can easily be missed. Swimmers generally should be getting ready to swim their race, 1 -2 events before their assigned event, depending upon the number of heats in each event.

What is the Clerk of Course?

At some, but not all meets, there will be a Clerk of Course. A Clerk of Course is a volunteer who is responsible for lining up young swimmers (10 & under). There will be an area with numbered benches or chairs where swimmers report to before their event. Swimmers will be placed in order by heat and lane number here and walked to the blocks.

Who is responsible for lining up the 10 & under swimmers at the starting blocks?

Volunteer's and timers will do all they possibly can to make sure your swimmer is in the correct event, heat, and lane. Having the **E/H/L** info written on the swimmer's forearm is a tremendous help (and the kids love the swim tattoos ☺!)

PLEASE DO NOT STAND WITH YOUR SWIMMER AT THE STARTING BLOCKS UNLESS THEY ARE A 6 AND UNDER!!!

This area is very congested and not a place for parents or cameras!

REMEMBER: NO FLASH PHOTOGRAPHY AT THE START OF ANY EVENT!!

THE STARTING SYSTEM USES A STROBE FLASH AND AUDIO START.
CAMERAS INTERFERE WITH THE STARTING MECHANISM AND CAN DELAY THE MEET.

Who are the people in white polo shirts and shorts blocking my view of my swimmer?

Meet officials are the people who make sure the rules are followed and that the meet runs smoothly. **They are trained and certified workers who are hired by the league so that your child can compete, so please be respectful.** If you have concerns or questions, approach a team coach or someone on the Parent Board and they will address it at the appropriate time. **Never approach the official or interfere with the progress of the meet.**

What are DQs? Are we getting ice cream?

Swimmers must perform all starts, strokes, turns, and finishes properly. If a swimmer does not follow the rules for each stroke as written by FINA, an official will raise his/her hand to notify the head official of a disqualification (DQ). Swimmers often do not know they have been disqualified unless told by the coach. For younger swimmers, false starts are sometimes forgiven, and restarts are permitted. At championships, a false start results in an automatic DQ.

WOOOHOOO..... LTB!!!! Ummm.... What is a LTB?

LTB stands for “Life Time Best” swim and is the goal of every swimmer. Please remember, not every race can be a LTB and your child is not swimming for Gold at the Olympics! Be encouraging and welcoming when your swimmer returns to you after each race. These are children swimming with other parents’ children. The only competitor our swimmers have is hanging on the wall, the clock! Our swimmers do not compete against teammates, **they compete to better their times and improve their abilities.**

When do we get our ribbons?

Ribbons and medals are distributed in the swimmers folders or at practices the day after the meet (Thursdays). Some meets have heat winner ribbons that are given on the pool deck immediately after each heat (Ivy does this for our home meets, but not all clubs do this at away meets). We have a tradition where the Thursday practice after each meet is low-key, with

swimming games, donuts, and handing out ribbons from the previous night's swim meet!!

What... there's more to meets than ribbons and cheering? You need me to do what.....?

Volunteer responsibilities:

Families are expected to volunteer a pre-determined number of hours per season at our meets (both home and away). You will be notified of these volunteer opportunities by email a few weeks before the meet or event. Each parent has their favorite job and you will find yours. When volunteer sign-ups are activated on the team website, be prepared to check for availability because job slots can fill quickly. A few jobs at meets do require an experienced parent (like announcer).

When you are volunteering, most jobs will prevent you from sitting with your child. Please be sure to have a backup plan (a spouse, another parent, family member, etc.) to insure that your child is on time for all of their events.

Volunteers need to be there at 5:45 to check in with Ashley Battle.

Time spent volunteering generally goes very quickly. You will learn a TON about the sport of swimming and have the opportunity to meet new families. It's imperative that everyone does their part to make our swim meets run smoothly. A successful meet requires coaches, swimmers, and parents working together from start to finish. Your volunteer service enables us to have organized, well attended meets.

My swimmer is done for the day's session, now what?

If your child is not swimming in relays at the end of the meet, you are free to leave. Please take a few minutes to make sure your swimmer has all of their gear and suits, and that all trash has been discarded. It never fails that a team suit does not make it home, so make sure you have it if they change before heading home.

Excuse me, but I still have questions...

What? You still have questions? That's OK, even veteran swim families make new discoveries about swimming throughout the season! Never hesitate to ask the parent board, other parents or experienced swimmers for help, talk to the coaches (at appropriate times), and ask your kids! It will take about 3 meets, but after that you'll be a pro!

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