

Maple Hills Marlins

SWIM MEETS 101



Please visit the Marlins website *OFTEN* and read Marlins emails. You will find meet results, parent handbook, contact information for board members, committees, coaches and captains, plus handy links to information about the Swim Team. Coaches determine the meet lineup based on swimmers who opt-in for each meet, so please do not forget to do this crucial step as soon as you get your meet invite via email!

WHAT DO WE NEED?

- 2 towels (or more!) - Swimmers will be in 2-3 races per meet, so it is important to have enough towels so they don't get cold between races!
- Swimsuit
- Goggles, plus an extra pair...just in case
- 2 swim caps
- Sharpie (to write races on arm)
- Sweats to wear between races
- Dry clothes/sweatshirt for end of meet
- Water, snacks (can buy from concessions)
- Cards, books, magazines, games to entertain during breaks between races
- Chairs
- Popup canopy (optional)

HOW DO I KNOW WHICH EVENTS MY SWIMMER IS PARTICIPATING IN?

Each swimmer is given a slip of paper before the start of the meet with their race numbers, heats, and lane. We encourage swimmers to write this information on their arm with a Sharpie in order to track their races. Ask fellow Marlins families for help with this! Coaches and/or Team Captains hand out the slips before the meet starts as soon as possible. Sometimes we have last minute changes, so if we don't hand slips immediately, please know they are on their way to you soon. Thank you for your patience!

FOOD

The Maple Hills Marlins Concession stand sells a variety of main dish entrees, beverages and snacks during each Swim Meet. Cash, check or debit card accepted for payment. You are also welcome to bring your own food and beverages each meet. No glass containers are allowed on the pool deck. Midlakes Swim rules state that no alcoholic beverages are allowed during Swim Meets.

EXPECTATIONS:

During a Marlins Swim Meet, you are expected to:

- Complete your volunteer assignment if you are signed up during that meet.
- Cheer on the team!
- Show our kind Marlins Team Spirit to the Visiting Team.

HOME MEETS:

- Arrive at 4:30 for setup. (Not before! Maple Hills pool is open to the community until 4:30pm.)
- Warmups for our team are from 4:45-5:15pm
Visiting Team warmups are from 5:15-5:45pm
Concessions open for business at 5:00pm
- Meet starts at 6:00pm
- Make sure to clean up your area after each meet, putting all garbage in cans before you leave.

AWAY MEETS:

- Arrive by 5:00 for setup.
- Opponent team warmups are from 4:45-5:15pm
- Our Team warmups are from 5:15-5:45pm
- Food Concessions are available at Away Meets
- OK to bring your own food/beverages to Away Meets
- Make sure to clean up your area after the meet and leave our Opponent's Swim Club area clean!

THEMED MEETS

Every HOME meet has a theme, and all families are encouraged to dress up and show our Marlins Team Spirit. Themes are listed on the Marlins website and a reminder email will be sent out each week with the theme as well.

WHAT IS THE "INTERSQUAD" MEET?

Each year before the first swim meet, the Marlins hold an "Intersquad Meet" which is **our own Time Trials**. It's an opportunity for our Marlins swimmers to swim each event and record their seed time to start the season. The meet is run just like a regular meet, but it is only our team. This is a great time to see how a meet works, how to practice getting in the right lane and the correct relay group. A good run through, especially for our new families!

WHAT IS AN "A" OR "BDQ" TIME?

Midlakes determines "B" disqualification times (commonly known as "A" times or BDQ times) based on past year's performances at the league championships. These times are posted on our website. Teams in our division have two meets each week, and "A" meet and a "B" meet. In these divisions, swimmers with an "A" time (a "B" disqualifying time) in an event cannot swim that event at a "B" meet.

Maple Hills Marlins

SWIM MEETS 101



WHAT DO I DO AT THE BLOCKS?

The announcer calls 3 times for each event AND you hear whistles from the starter . . .

WHAT DO THEY MEAN?

- **1st Call:** Get to the blocks. Wait in line behind your lane or on the bench behind the blocks.
- **2nd Call:** Move closer to the blocks. Ask others in line which race they are in, and get in numerical order according to race and if relay, in swim order.
- **3 Whistles:** Indicates the final swimmer in the current race is near the wall. If you are the next race, stand at block.
- **Long Whistle:** Get up on the block (or, in the water for backstroke)
- **Don't touch the blocks...unless you're the next swimmer in!**
- Only the current swimmer (or relay team) should be right next to the blocks - the block end of the pool is for staging, not for hanging out!
- Parents should not be at the block end of the pool unless timing or putting their swimmer in line for their race.



Please keep quiet at the start of each race! From the long whistle until the start buzzer, it should be as quiet as possible behind the blocks. Swimmers need to hear the start, so help them by keeping quiet until the race starts!

IN THE WATER

When do I get out of the water?

INDIVIDUAL EVENTS: Stay in the water until ALL swimmers have finished. Then, shake hands with swimmers in the lane next to you!

RELAYS: Only the LAST member of a relay stays in the water and shakes hands when the last swimmer finishes. ****WARNING! If the 1st, 2nd or 3rd relay swimmer stays in the water too long, they could get their relay DQ'd.** If you are in a relay and not the last swimmer, get out of the water as soon as you have finished your stroke.

- If you have to wait for others to finish their race, stay next to the wall - don't play or swim around.
- At completion of the race, all swimmers must promptly get out of the pool so that the next race can begin.

OUT OF THE WATER

Get out of the way! As soon as your race is over, get out of the water and out from behind the blocks. Make room for other swimmers to stage for upcoming races.

Where can I stand to cheer for my teammates?

Cheering for your teammates is awesome, and encouraged! Stand on the sides of the pool, or at the shallow end of the pool (not in front of the timers!)

Watch Out! Make sure that you're not blocking any timer from being able to see the swimmer touch the wall!



TIMER TIPS...

- Help keep the block area organized and clear.
- Ask extra people in the block area to move back unless their event is coming up soon.
- Make sure the correct swimmer is on the block.
- Stand behind the block for start - make sure you can see the starter.
- Step up to the front edge of the pool for finishes - not the side.
- Don't coach the swimmers for relay take offs. You should remain impartial.

