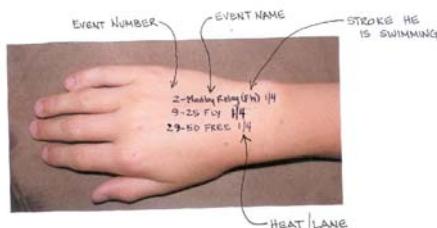


## What To Take To A Swim Meet

1. Swimsuit, swim and goggles.  
Note: Having an extra suit, cap, and pair of goggles packed is always a good idea. These items seem to rip and break at the most inopportune times!
2. Towels (at least 2), Flip flops or sandals or similar footwear
3. Something comfy for your swimmer to sit on in your area, such as a sleeping bag, old blanket, or chair and a pillow.
4. Something comfy for you to sit on in the crash area. Most parents bring camping chairs.
5. Several changes of clothes such as sweatpants, sweatshirts, and t-shirts. Swimmers need to stay warm between events and there is nothing worse than pulling on cold, soggy sweatpants.
6. Entertainment for the whole family such as travel games, cards, coloring books, books, etc. Especially important if you are bringing youngsters who are not swimming! Parents often bring newspapers, books, anything to pass the time!
7. Pop up awning for shade and a cooler of healthy food, snacks and drinks. Bottled Water a Must Have!!
8. Sharpie marker or pen to note your swimmers heat and lane assignments.
9. Money for Concession stand and a heat sheet.

## HEAT SHEETS - What you need to Know!

HY-TEK's MEET MANAGER 3.0 - 5:00 AM 5/21/2010 Page 1			
Event Number	Event Name	Age	Team
#1 Mixed 6 & Under 100 Yard Freestyle Relay			
Heat Number	Lane Name	Relay	Seed Time
Heat 1 of 1 Finals	1	NT	
Stephan, Karla G W5	E	NT	
Shane, Kylie A W6	Scott, Danni E W5	NT	
WB-ZZ	Simpson, Abi B W6	NT	
Wadhera, Beck R M5	C	NT	
Blomquist, Mark E W6	Zayas, Riley S M5	NT	
3 WB-ZZ	Caldwell, Aubrey G W6	NT	
Larimova, Faith M W6	Yang, Hallee I W5	NT	
Jahmka, Abby K W6	Koester, Riley H W6	NT	
4 WB-ZZ	B	NT	
Uriza, Iza G W5	Urie, Max N M4	NT	
Mendez, Mario R M6	Wasowronka, Darren M6	NT	
5 WB-ZZ	D	NT	
Horold, Marti P W5	Harris, Arwen M W4	NT	
Christian, Annabelle E V	Freeman, Ephraim S M6	NT	
6 WB-ZZ	F	NT	
Young, Marie E W6	Nguyen, Carolyn R W6	NT	
#12 Girls 6 & Under 25 Yard Freestyle			
Heat Number	Lane Name	Age	Team
Heat 1 of 4 Finals	1	NT	
1 Chisholm, Joy C	4 WB-ZZ	NT	
2 Walker, Miss T	4 WB-ZZ	NT	
3 Harper, Sophia N	5 WB-ZZ	NT	
4 Harris, Arwen M	4 WB-ZZ	NT	
5 Nguyen, Elizabeth	4 WB-ZZ	NT	
Heat 2 of 4 Finals	1	NT	
1 Scott, Danni E	5 WB-ZZ	NT	
2 Yang, Hallee I	5 WB-ZZ	NT	
3 Stephan, Karla G	5 WB-ZZ	NT	
#14 Girls 7-8 25 Yard Freestyle			
Heat Number	Lane Name	Age	Team
Heat 1 of 3 Finals	1	NT	
1 Tran, Kimberly T	8 WB-ZZ	NT	
2 Kane, Jennifer T	7 WB-ZZ	NT	
3 Finch, Chloe E	8 WB-ZZ	NT	
4 Adamek, Elizabeth B	8 WB-ZZ	NT	
5 Propper, Anna-Marie J	8 WB-ZZ	NT	
6 Adamek, Elizabeth J	7 WB-ZZ	NT	
Heat 2 of 3 Finals			
1 Mohia, Anaya	8 WB-ZZ	NT	
2 Wadehra, Serena J	8 WB-ZZ	NT	
3 Carter, Anaya J	8 WB-ZZ	NT	
4 Wasowronka, Demi K	8 WB-ZZ	NT	
5 Miles, Payton P	8 WB-ZZ	NT	
6 Harper, Shelby N	8 WB-ZZ	NT	
Heat 3 of 3 Finals			
1 Verdeshio, Abbie H	7 WB-ZZ	NT	
2 Jamshed, Hanna	7 WB-ZZ	NT	
3 Buckley, Emma R	8 WB-ZZ	NT	
4 Ulak, Caren R	7 WB-ZZ	NT	
5 Yang, Syd A	7 WB-ZZ	NT	
6 Kumar, Riya A	8 WB-ZZ	NT	



THIS IS JUST A SAMPLE. IT CAN BE DONE MANY WAYS. DO WHAT IS BEST FOR YOUR CHILD.

### Individual Medley Order

Butterfly

Backstroke

Breaststroke

Free

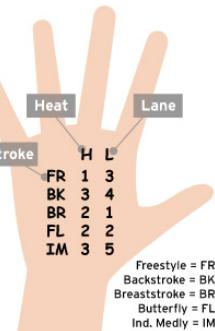
### Medley Relay Order

Backstroke

Breaststroke

Butterfly

Free



## What to Expect at a Swim Meet



Turlock Sea Dogs  
PO Box 955  
Turlock, CA 95381

[turlockseadogs.com](http://turlockseadogs.com)

## RELAYS

Relays are based on times from swim meets

- Must attend meets to get times
- The more you do, the better chance you have
- Replacing kids is not fun, but if you are not on time, you will be replaced.
- **We meet for the medley relay at the Team Meeting before the meet begins**
- **Afternoon relays meet after your age group has finished the short free.**

## TO THE BLOCKS

- The heat will be announced by an announcer or other meet official
- The swimmers will hear a single only whistle and or the command "Swimmers" set up"
- The swimmers will step up onto the starting block.
- If they are starting from the deck, they will step to their starting location on the edge of the deck, to one side of the starting block for their lane.

## CHECK IN AND WARM UPS

- Arrive 10 to 15 minutes BEFORE the assigned Check in time.
- Check in at the Check in table.
- Have your swimmer change into his/her swimsuit (many wear their suits to the meet under their clothes to save time)
- Locate the club's designated rest area and stake out your space within that area by laying out your sleeping bag or blanket.
- Locate the rest rooms and pool area.
- Be on deck when warm ups begin. Most warm ups sessions last no more than 15 minutes.
- Write down your swimmers' events.
- If you are not going to be at warm ups, please let the coaches know.
- Team meeting with the coaches 15 minutes before the meet starts. **VERY IMPORTANT TO BE THERE TFOR RELAYS AND TEAM CHEER!**

## WINNING TEAMS

Trust each other

Respect each other

Understand each other

## STARTS

- The event is announced by one official, who then turns controls of the race over to the Starter.
- The Starter will command "Take your mark", at which the swimmers assume and HOLD their starting positions.
- The "take your mark" command will be quickly followed by the starting signal, most often a horn and a light.
- Spectators should be quiet at this time and should not use flash photography.

## BACKSTROKE START

- The "swimmer set-up" command is replaced by "Swimmers in the Water"
- Swimmers enter the water feet first and take their starting positions at the backstroke starting grips on the front of the starting blocks.
- Backstrokers may also grip the edge of the gutter instead of the backstroke grip.