

Champs Survival Guide

This is a compilation of thoughts to help new families who have never experienced Champs, and a reminder to veteran families! These are in no particular order. These are the “unwritten rules” of a Champs meet that veterans wish they had known ahead of time!

- Don't forget your suit, towel, goggles (maybe an extra pair, too), sunblock, hat, bucket misters and cooling towels. Bring lots of water! Bring plenty of food.
- Consider things to keep kids occupied while sitting in team tents and resting. We don't want swimmers spending energy playing tag or football. The days are long and hot and they need their energy to swim all day!
- Pack your patience. There are bound to be glitches. This is a huge meet all run by parent volunteers! If you are asked to step into a volunteer role, it is because we are in need. Please help keep the meet moving quickly. We still have shifts to fill. We know you only have to do 2 shifts at champs, but we'd appreciate any extra help to run a smooth meet.
- Here is how Champs works: 6&Unders only swim on Saturday. Every swimmer will swim every event they are legal in (half of the events on Saturday, and the other half on Sunday) in the morning. These morning swims are called Prelims. In the afternoon, ten qualifiers and two alternates will be invited back to swim in Finals. Each of the ten swimmers in each final event has the chance to earn points for their team. The winner earns the most points, but every place, second through tenth, will also earn points. Every point counts towards our team total! Sometimes the team points come down to the wire. This is where it gets fun!
- There are 4 volunteer shifts each day.

	Saturday	Sunday
1st shift	Individual Medley	Long Free
2nd shift	Short Free	Breaststroke
3rd shift	Backstroke	Butterfly
4th shift	Finals/Relays	Finals/Relays
- Age group team parents will work Champs, however the ready bench area is off limits, unless team parents are asked by ready bench volunteers to provide assistance. Ready bench volunteers will receive swimmers. ALL swimmers will participate in the ready bench for both prelims and finals. All U-6 through 15-18s must wait at the ready bench to swim! If a swimmer misses a race, they will be DQ'd from the rest of the day's events.
- Champs has a closed deck. This means spectators are not allowed to meet with swimmers before or after they swim on the deck without a deck pass.

- The pool we are swimming in is salty. It will leave abrasive material on the swimmer's skin. Please have your swimmer rinse off in the showers after they exit the pool (remind younger swimmers to make it speedy - use the outdoor showers on deck). Those of us who have done this before have experienced chafing at strap lines and leg seams (both girls and boys suits), as well as under flip flop straps. If you notice any chafing or sores, use something like aquaphor, vaseline, lanolin, or chapstick to create a barrier between the strap and the skin. But, rinsing off after each time the swimmer is in the pool is the best way to avoid this uncomfortable situation.
- The last three heats of an event are the fastest heats. This is the opposite of a dual meet where the fastest swimmers are in the first heat. The last three heats are circle-seeded. This means that the swimmer with the fastest seed time is in the middle of the pool (lane 5) in the last heat. The second fastest swimmer is in lane 5 in the second to last heat. And the third fastest swimmer is in lane 5 of the third to the last heat. The fourth fastest swimmer is in lane 6 of the last heat, the fifth fastest swimmer is in lane 6 of the second to last heat, and so forth.
- After prelims, there will be a 45 to 60 minute break before finals begin. If you are leaving for lunch, please don't take your swimmers with you!
- Have you ever seen a tie in swimming? It is rare! But, with multiple heats, a tie as far as time is possible. If a swimmer is tied for 9th, 10th, or 11th place there will be a swim-off to determine who advances to finals and who will be an alternate. Swim-offs happen right at the beginning of the break, so if your team has anyone in a swim-off, please cheer them on before you break for lunch!
- You can also cheer for the parents relay on Saturday or the coaches relay on Sunday during the break.
- If your swimmer places 11th or 12th overall, they will be an alternate and need to report to the ready bench during finals in case they get the opportunity to swim.
- If your swimmer does not make it in finals, please don't leave without checking with a coach first. They might miss their chance to be in a relay if they leave early!
- 6&Unders only swim on Saturday. After the individual finals, the 6&U award ceremony takes place. Then the relays.
- The medley relay for 7s and up (and the free relay for 6&Us) is at the end of the individual event finals on Saturday. The free relay for 7s and up is at the end of the individual event finals on Sunday. There are no relays in prelims. All relays are considered finals.
- If you are staying for finals, we encourage you to watch all of the races, not just your own swimmer. There are a few reasons for this! 1) they go quick, leaving your seat and coming back is challenging; 2) finals are so fun and exciting and full of good sportsmanship and team spirit; 3) watching the big kids is really cool!

- The bleacher area can get crowded. Please be considerate of others. While you are watching and cheering for your kid, there are 9 others in the pool at the same time, and another 10 about to get in. Standing or blocking the view of others makes people grumpy! If you are viewing at the rope, you must crouch down or sit on the ground. If you are unable to do so, please go up into the bleachers.
- If you have an umbrella (golf-type) that you are using on the bleachers, please sit at the top so your umbrella doesn't block the view of others.
- There are no reserved seats in the bleachers. It is a bit of a revolving door. When one group of parents leave, another comes in to watch their amazing athletes.
- Take a towel with you to the bleachers! They get hot!
- Swimmers need to have shoes on at all times. The trip from the ready bench to the blocks is long and across hot pavement. Please remind your swimmers to keep track of their shoes!
- All finals participants will receive medals. All members of relay teams will receive medals. FEC swimmers will receive their medals at our Awards Night on Monday. A high point trophy will be awarded to the high point girl and boy in each age group. Team trophies will be awarded to the teams placing first, second and third at championships.
- Thank the adult volunteers. It takes hundreds of people to put on an event of this size.
- Please respect the lifeguards. Their job is to ensure the safety of all patrons. They are responsible for safety at the facility and the condition of the bathrooms. Any other issues need to be brought up to a Booster Member. Our team's Booster tent will always have a representative at it and it is located at the front (pool side) of our team area.