



Summer Swim Team FAQ's and Information

How are swimmers grouped??

Swimming Age Groups:

8 and Under: Swimmers 8 years of age and younger

10 and Under: 9 years and 10 years of age

12 and Under: 11 years and 12 years of age

14 and Under: 13 years and 14 years of age

Open: 15 years through summer after graduation

Diving Age Groups:

Junior: Divers 12 years of age and younger

Senior: 13 years and older

Age Cut-Off: age as of June 15th each year

What are the swimming events?

Swim Strokes and Their Common Names:

Freestyle (free) = front crawl swim on stomach with arms making a windmill motion

Backstroke (back) = the front crawl stroke swim on the back, cannot turn over on to stomach

Butterfly* (fly) = both arm and leg movements occur at the same time, swim on stomach

Breaststroke* (breast) = "frog stroke" where arms and legs move like a frog on top of the water

* Require 2-hand touches at finish, no freestyle kicking or scissor kicking allowed

Lap – point from one side of the pool to another (25 yards or 25 meters)

25 = 1 length of the pool (yards or meters)

50 = 2 lengths of the pool (yards or meters)

100 = 4 lengths of the pool (yards or meters)

Relay: 4 person event where each swimmer swims one leg of the race

Medley Relay: 4 swimmers compete with the 1st swimming backstroke, 2nd swimming breaststroke, 3rd swimming butterfly and 4th swimming freestyle

Free Relay: Each of the 4 swimmers swims freestyle

Event – part of the competition meet specified by age, gender and stroke. Each age group swims the four strokes as well as one relay at one meet. 8 and under swimmers compete in the free relay. All other swimmers compete in the medley relay.

Heat – portion of the event

Official Heat – first heat of an event where points are used towards final score

Exhibition Heat – any additional heat completed after the official heat. These heats do not earn points, however, they give the swimmers an opportunity to decrease their times and participate with the team. These times can be used to qualify for championships.

False Start – leaving the blocks before the heat is started by an official (2 false starts results in disqualification)

Disqualification (DQ) – time and place of finish does not count due to incorrect swimming technique

Warm-up – opportunity for swimmers to get their muscles loose and ready

Cool Down/Warm-down – slow swimming needed to recover from race or practice

What are Time Trials??

It's like a swim meet for just our swimmers. Time Trials are usually held on a Saturday morning before the first swim meet of the season.

Time Trials are held to record a time for your child in each of the 4 strokes. These times enable the coaches to do their line-ups for the 1st meet. This is also an opportunity for new swimmers to experience a meet and parents to shadow new positions that they have an interest in learning.

What is the difference in the lengths of the pools?

Time Conversion – The swimming pools throughout the league are different lengths with some being 25 yards and some 25 meters:

Fanny Chapman.....25 yards

Souderton..... 25 yards

Nor-Gwyn..... 25 meters

Penncross..... 25 yards

Hatfield..... 25 meters

Harleysville..... 25 meters

Towamencin..... 25 yards

Lansdale..... 25 meters

- To change a yard time to a meters time: Multiply 1.11 x the yard time

- To change a meter time to a yards time: Multiply .901 x the meter time

How does each team get points??

How a Meet is Scored: There is a total of 466 points to be won in a swim meet. They are broken down as follows:

Diving (36 points - 9 points for total each Jr. Girls, Jr. Boys, Sr. Girls, Sr. Boys):

- 5 points for 1st, 3 points for 2nd, 1 point for 3rd

Swimming

- Relays (40 points): Winning relay gets 7 points. No other points are awarded
- Individual Races (360 points): 5 points for 1st, 3 points for 2nd, 1 point for 3rd ○ A team cannot sweep an event as long as there is a swimmer from the opposite team competing. In such case, the fourth place swimmer from the opposing team earns 1 point leaving the first and second place finishers earning 5 and 3 points respectively.
- The first heat is the only scoring heat, any additional heats in that particular event are not scored.
- Lanes 1 and 8 are not scored regardless of the heat.

What are Invitationals?

Each season swimmers can choose to participate in invitational meets. These are optional meets, usually on a Saturday or Sunday. Swimmers select the events in which they would like to compete. Information about these meets will be published on the Gators website at <http://www.pennridgeaquaticclub.org>. Someone from the coaching staff attends each of the meets.

What are Champs?

Because swimming is not only a team sport but also an individual sport, based on swimmers' times, the League runs three championship meets at the end of the season. These meets give swimmers the opportunity to compete against other swimmers in the league with similar times. The coaches will work with the swimmers in selecting events and championships.

Championship Meet Qualifying Times: The championship meets are divided into three categories according to ability (A, B and C) qualifying times may be found on the

BuxMont swim league website (www.northpennswimming.com/BuxMont). Viewing a swimmer's time at the end of the season will determine which championships they will attend. It is possible to attend all three championships but a maximum of four events total may be swum.

What should a swimmer bring to a meet?

- Team suit, Swim cap, 2 pair of goggles (in case one pair breaks), 2-3 towels, Warm clothing including sweatshirts and sweatpants- it gets chilly in the grass some nights!
- Healthy snacks (pretzels, vegetables, crackers, cheese sticks, grapes...) and water or Gatorade
- Enthusiasm, sportsmanship, spirit, and excitement!

What do parents need to bring to a meet?

- Chair, bug spray, sweatshirt (it gets chilly some nights), snacks, \$\$ for snacks, \$\$ for 50/50, enthusiasm and sportsmanship!

How long does a Swim meet last?

That depends....Usually meets are finished between 9 and 10 PM. It depends on the size of the 2 competing teams. Also, the meet will be delayed if we are asked to clear the pool because of lightning in the area.

Who do I ask if I have questions?

Ask the coaches! Ask the board members! Ask another parent! If you have a question, just ask!!