

Swim Meet FAQ's:

Is my swimmer required to participate in swim meets?

Swimmers are not required to participate in swim meets however they are very strongly encouraged to! Swim meets serve as a great way for individuals to see progress from all the hard work they put into practices, and recognize the areas that need more work going forward. They are a fun way to bond with their teammates and experience competition.

If your swimmer is nervous about attending swim meets please know that is normal and reach out to make sure they are aware of their feelings! We want all of our swimmers to experience swim meets as they are an important part of the sport. We will work with swimmers and their parents to determine a plan to support them in the goal of attending a swim meet.

Many championship meets (Y State, Y Regionals, PNS Champs, etc) have an attendance or qualifying time requirement in order to attend, so we will encourage swimmers to take advantage of as many opportunities to race as they can throughout the season.

Where do I find our swim meet schedule and more information about each meet?

Our swim meet schedule can be found on the “Events & Competition” tab on our team’s website or under the “Events & Jobs” → “Events & Meet Entries” tab on the SportsEngine Motion app.

Information about each meet received from the host team will be posted on the specific event. Often there will be a short description included on the event, and any additional documents such as the meet info packet or meet guide will be attached as a PDF to the event. The meet info guide or meet packet will typically include dates and times for sessions, entry fees and limits, qualifying times required if any, and additional facility info (spectator information, parking, concessions, etc). Often time the host team will send additional information closer to the event, which coaches will pass along via email to those attending.

What is the difference between YMCA meets and USA Swimming meets?

SVYA is a dual YMCA and USA swim team. YMCA Swimming and USA Swimming are two different national governing bodies for the sport of swimming, each with their own regional associations/committees. Because of our location in Washington, we are part of the PSSA (Puget Sound Swim Association) for YMCA swimming, and we are part of PNS (Pacific Northwest Swimming) for USA Swimming. Since we are a dual team, our swimmers have more opportunities to participate in a lot of different competitions of varying levels throughout the year. The rules for swimming are the same between these two governing bodies, but the meet formats and qualifying times for championship level meets can vary.

How do I declare my swimmer's attendance for a meet?

When an event registration deadline is approaching, an automated reminder email from TeamUnify should go out to all active members with the registration date, and instructions on how to declare your swimmer's attendance via the link in the email. Alternatively, you can visit the event page on the website or the app and declare following the same steps copied below:

Here are the steps if you ARE NOT GOING:

- Click on the Member Names [they default to Not Committed]
- Then click on the Signup Record pull-down and select **No**
- If No, just click on the [Save Changes] button to save the changes
- If you have more than one child, repeat the same task as listed above

Here are the steps if you ARE GOING:

- Click on the Signup Record pull-down and **select Yes**
- Once yes is selected, you will see the events your child **MAY** be eligible to member
- You will also see the best times inserted into the Entry Time field and highlighted in yellow
- Check the Checkbox to the left of the name for those events you would like to class
- Please take careful notice of the time standards that must be met in the right-side columns
- Once you have finished, click on the Save Changes Button in the lower right
- Repeat the process for additional members
- You will notice that Coach Approval column will indicate Pending after you submit
- **Please pay careful attention to:**
 - **Maximum Event Entry Limitations IF PRESENT. Click on the >>View if present.**
 - **Add any notes that you want the Coach or Administrator to see**

Your coach or organization administrator will review your declaration and APPROVE or REJECT your request and once they submit the final choices you will be able to review by signing in and clicking on the Attend This Event button for any events listed on our organization website. Look at the Coach Approval column for the events that you have been confirmed.

What if our schedule changes or my swimmer is sick and they can no longer attend a meet for which they registered?

If your swimmer is no longer able to attend a meet they signed up for *prior* to the registration deadline, you can edit their commitment to decline attendance using the same process outlined above.

If the registration deadline has passed (or it is the day of the meet), please notify your coach as quickly as possible. It greatly helps the host team and coaching staff to be aware if an individual is not able to attend. Depending on when this information is received, it can often provide opportunity for another swimmer to enter races or relays, and save time overall. Please note that entry fees cannot be refunded once the registration deadline has passed.

Does my swimmer have to attend all days of a multi-day meet in order to participate?

Swimmers are encouraged to attend all days of a multi-day meet in order to take advantage of being able to race more events but it is not required. We would prefer your swimmer attend a portion of a meet than not at all! If your family has a conflict for one or more days of a multi-day meet but can attend a portion, please indicate that in the comment box when declaring their participation. It is important to check the dates, days, and session times of each individual swim meet to make sure your swimmer can attend before registering and coaches are made aware of any scheduling constraints. If no comments are made in the box, coaches will assume the swimmer can attend the entirety of the meet and will sign them up for events accordingly. Once a registration deadline passes, changes to an individual's entries or fees owed can not be made.

Can my swimmer pick their events for swim meets?

Coaches have the final pick in swimmer's events for swim meets, but are open to requests! If your swimmer has specific events they would really like to swim at a meet, please include that in the comment box when declaring their participation. Alternatively, if the file is uploaded and you have the ability to select their individual events you may indicate their preferences that way as well. Please note, coaches may add, take away, or substitute different events than what is requested as it is our job to make sure swimmers are developing into well-rounded competitors, challenged appropriately, and try new things!

How do I know if my swimmer is on a relay?

We will typically assign swimmers to relays on the day of the event as opposed to prior as with their individual events. This is so that we know who is present on the day of the meet and do not have to switch out swimmers last minute or scratch a relay due to individuals who don't attend as planned. Your swimmer should always be ready to swim on a relay when attending a meet. We do our best to try to get every individual on a relay, but sometimes the numbers do not work out for that to be possible. For relays that are put together on the day of the event, coaches will make sure swimmers know their event, heat, and lane assignments.

Can I be on deck with my swimmer at the swim meets?

Most meets have a designated spectator area, and often do not allow parents in the same area as the swimmers and coaches. While swimmers are typically allowed to check in with parents in the spectator area, they will need to stay with the team so that coaches can help get them behind the blocks in time for their races and they can support their fellow teammates as well! Some meets do not allow spectators at all, depending on facility capacity and rules, in which instance the swim meet will be live-streamed via YouTube or Facebook.

What should my swimmer wear for swim meets?

We do not currently have a specific team suit but we do ask that all swimmers wear a solid, black, competitive swimsuit at swim meets. The swimmer can choose a style they are most comfortable in for racing. For females, suits need to be one solid piece with no strings or tie-backs. For males, suits need to be jammer or speedo style (no trunks). If your swimmer has one of the SVYA team suits from a previous order they may also wear that at swim meets.

Only the back SVYA team caps should be worn during swim meets. No other SVYA or other caps are permitted for our team during meets. Additional black SVYA caps can be purchased should your swimmer need or want more than the two provided at registration.

What should my swimmer bring to a swim meet?

- Competition swimsuit
- Goggles
 - Multiple pairs of goggles are recommended in case one breaks there is a back-up option.
 - Tinted goggles are recommended for outdoor competitions.
- Black SVYA team cap
 - Multiple caps are recommended in case one breaks there is a back-up option.
- Towels
 - Multiple towels are recommended as swimmers often get in and out of the water many times throughout a swim meet, and a fresh dry towel each time will help them stay warm between races.
- Parka or sweatshirt to stay warm between races
 - Swimmers may get cold between races, and being cold leads to energy loss and muscle fatigue which does not set them up for a good race. A parka or sweats is recommended so they can retain their body heat between races.
- Shoes to walk around on the rough, wet pool deck (ie flip flops)
- Food & snacks
 - Some facilities will have concessions available, but it is best not to rely on that. It is important that swimmers are fueling their body by eating prior to arriving for the session as well as having snacks throughout. It is helpful to avoid foods that are high in sugar or fat, as these tend to not sit well in stomachs or provide sustained energy. Sandwiches, bagels, hard-boiled eggs, cheese and crackers, fruit, veggies, granola bars, peanut butter, etc are all great options!
- Water
 - Just as fueling with food is important, so is hydrating! Most facilities have a water fountain/station available, so please be sure your swimmer always has a reusable water bottle to fill or brings enough water to get through their session.

(continued) What should my swimmer bring to a swim meet?

- Entertainment
 - Swim meet sessions can range in time from 2-6 hours. We recommend swimmers bring a deck of cards, books, or other games to play while waiting in between their races. Please note, cell phones and other recording devices are never allowed behind the blocks at a pool.
- Chair
 - Some meets do not have a big enough seating area for everyone in attendance, so swimmers who prefer to have a place to sit off the ground will often bring a foldable chair. Occasionally, some facilities do NOT allow chairs so please be sure to read through the posted meet guide and any info sent out by coaches ahead of time to plan accordingly.
- Please mark your swimmer or make sure their events are written down and accessible to them PRIOR to dropping them off for warm ups! In the event heat sheets are not available ahead of time, coaches will assist with this process. See “How to mark your swimmer” for detailed instructions.

How can I see my swimmer’s official results after a meet?

Meet results (official times) are typically uploaded to TeamUnify and the USA Swimming database within a week of a meet’s conclusion. You can view your swimmer’s meet results and overall best times by going to the “Best Times” or “Meet Results” tabs on their member profile in your account. Alternatively, you can use the Individual Time Search function on the USA Swimming website.