

SWIM MEET 101

Please contact Sadie Smith with any questions: 317-258-9324
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WHAT TO BRING: (LABEL EVERYTHING YOU TAKE IN TO THE BULLPEN)

- GOGGLES! (a backup pair is a good idea)
- SWIM CAP
- SHARPIE for writing last name and events on your swimmer's arm
- BLANKET or EXTRA TOWEL for swimmer to sit on in bullpen
- TOWELS for drying off after swimming
- SNACKS and a DRINK (pool snack bar is usually open also)
- GAMES or BOOKS for down-time between events (These need to be put away while swimming.)
- CHAIRS for parents to watch the meet (not necessary but helpful)

WHAT TO DO THE NIGHT OF A MEET:

- Swimmers need to arrive by **5:15** for warm ups and instructions from the coaches.
- Go straight to the bullpen and let your child settle in.
- Immediately go to the swimmer check-in table next to the bullpen. **Mark through your swimmer's name with a pencil.** This lets the coaching staff know that the swimmer is at the meet. If the name is not marked through, your swimmer could be scratched from a race-- especially relays.
- With a sharpie, write swimmer's last name on the top of his/her arm from shoulder to elbow. Then write events on his/her forearm. *(More information is provided at the end of this document.*
- There will be a short warm-up for the swimmers according to their age group.
- If you are working the meet, check in at the gate when you enter. If you are set-up crew, you need to arrive at 4:00.



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REMINDERS AND HELPFUL HINTS:

- **ALL swimmers 10 and under have to be in the bullpen area until after their events are completed.** Parents are welcome to stay in the bullpen with their swimmer and/ or check in with them as often as needed.
- Remind your swimmer that the bullpen is very loud and he/she needs to be listening for event number and/or last name. The bullpen workers will do everything they can to get the swimmers where they need to be, but there are cases of kids missing races because they cannot be found.
- After your swimmer has finished an event, congratulate him/her on a great race, and then encourage him/her to return to the bullpen.
- Please let a coach know if your child will be late or needs to leave early from a meet. If a swimmer doesn't show up for a relay, the rest of that relay team is let down. We do have alternates, and the alternates should NOT assume that they are not swimming and leave early.
- If you have any questions during a meet, look for a board member. (We will be wearing Riptide shirts that will say 'board' on the back.)
- Most importantly, **have fun!** Summer swim is intended to be an enjoyable and positive experience for you and your athlete.

CHECK-IN SHEET DESCRIPTION:

7. Doe, John- Male- Age 8- Ind/ Rel/ 3/2			
#11 Boys 7-8 25Y FREE	20.50 1/4	#21 Boys 8&UN 100Y FREE RELAY (2)	1:12.02 1/5
#33 Boys 7-8 25Y BACK	21.03 2/3	#53 Boys 7-8 25Y FLY	23.56 1/4
#63 Boys 10&UN 100Y MED. REL. (2) NT 1/6			

KEY:

VERY IMPORTANT!!! Notice that there are TWO COLUMNS of events for this swimmer. PLEASE LOOK AT BOTH COLUMNS!!! Notice also that they go in order from left to right to left to right.

7 = KSDT swimmer's number by alphabetical order

Ind/Rel 3/2 = Swimmer is swimming 3 individual events and 2 relay events

#11, #21, #33, #53, #63 = Event number

7-8 = Age-group

25Y FREE = Actual event name; in this case, a 25 yard freestyle

20.50 = Seeded time for this event (NT simply means the swimmer does not have a recorded time yet.)

1/4 = Heat 1, Lane 4 for this event

Event #21 is a relay. After the event name is a (2). This means that the child will swim the second leg of that relay. If your swimmer has a (5) after the event name, this means s/he is an alternate for that relay.

Event #63 is a Medley Relay. Each swimmer will swim a different stroke. This swimmer is swimming (2), so he is swimming breaststroke.

1st is backstroke	2nd is breaststroke
3rd is butterfly (fly)	4th is freestyle

** Boys events are odd-numbered. Girls events are even-numbered.