



Swim Meet Frequently Asked Questions (FAQ)

1. How do I sign my swimmer up for a meet?

Declare your swimmer(s) for meets by signing them up through your Team Unify account which can be accessed on our Website.

What time is swimmer check in?

5:30 pm. Please have your swimmer(s) highlight their name as soon as they arrive on the sheets provided.

3. What time are warm-ups?

5:30pm or 6pm depending if we are the home or away team.

4. What time does the meet start?

6:30pm

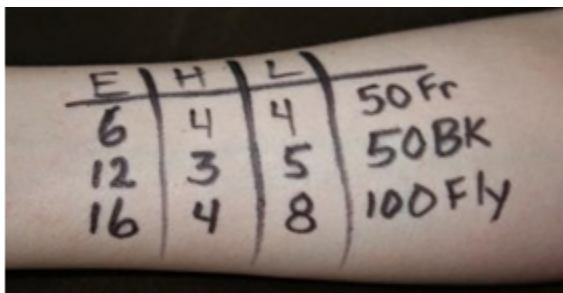
5. How long do the meets typically last?

It can depend on how many swimmers, but typically no later than 9:30pm

6. What are heat sheets?

The heat sheets list every event, heat, and lane assignments. They will be posted in the Bullpen. Each coach will also have a copy.

Here's an example of how to write races on your swimmer's arm:



7. What are the distances of the events?

All 10 and under single stroke events (freestyle, breast, backstroke, butterfly) are 25 yards.

All 11 and up single stroke events (freestyle, breast, backstroke, butterfly) are 50 yards.

The 100 Individual Medley event is 100 yards (25 yards of each stroke)

ALL 10 and under relays (Medley and Free) are 100 yards (25 yards per swimmer).

All 11 and up relays (Medley and Free) are 200 yards (50 yards per swimmer)

8. How many meets are parents required to volunteer for?

4 maximum. You will select 4 regular season meets to volunteer for (1 is required to be an AWAY meet). Plus, you will volunteer for the conference meet that your child attends. The day of the meet we sometimes need extra help, so day-of volunteers are always welcome.

9. What time do volunteers check in?

5:45 pm

Your job signups are on the excel spreadsheet. If you are unable to volunteer you must find a replacement for your job.

10. What is the Bullpen?

The Bullpen is for swimmers 10 and under – it is a gathering place for the younger swimmers. Bullpen volunteers will line the swimmers up by event, lane, and heat. This is done typically 3 or 4 events prior to their swim.

11. Where do you park at the meets?

All of the pools have parking lots, but they fill up quickly. Street parking is for overflow. Please obey all street parking signs.

12. What does your swimmer need to have for the meet?

Swim suit, goggles, and swim cap (some boys don't wear swim caps).

13. What should you bring to the meets?

- A Sharpie – to write your swimmers events on their arm
- Plenty of towels!! A good rule of thumb is 1 for warm-ups, 1 per race, and 1 for going home.
- Warm clothes!! Sweatshirts, t-shirts, warm pants (flannel or fleece), etc. On cold nights, “more is more.”
- Healthy snacks and water. Coolers are allowed. No glass.
- Bug spray

14. Are there lounge chairs and tables on pool decks?

Most pool decks do not provide chairs and tables, or at least not enough for all swimmers and families. Bring blankets and lawn chairs for your own use. The Shark families camp out together.

15. Are there concessions at the meets?

All of the pools have cash concessions. At Stonebridge you can charge the food to your Stonebridge account.

16. Is alcohol served, or allowed, at the meets?

Alcohol is ONLY served at Stonebridge meets. It is NOT allowed at any other pools.

17. What is the mail folder?

Every family has a mail folder. The mail folders are typically brought out at Friday practices (sometimes more frequently). This is where the kids get their ribbons and other team info.

18. How do swimmers qualify for the silver or gold conference meets?

A swimmer must swim in 3 meets (1 away) to qualify. Coaches will determine which eligible swimmers will swim at Gold versus Silver meet. Typically, swimmers with the top 3 times in an event for their age group will swim at Gold and all other swimmers will swim at Silver. More information will be provided on the championship meets as we get closer to end of season.

GO Sharks!!