

Swim Meets: The “How-To” Guide For New Swim Parents



The Basic Swim Meet

- The first step is to Commit Attendance online
- Coaches will notify you of meet arrival times at practice and through team e-mails
- Getting there is just the beginning...
- Unpack the car, walk in, find Coach, etc.
- Kids will stretch and have a dryland warmup
- It is IMPORTANT for your swimmer to Check-In
- They will then have a warmup set in the pool
- Then it's off to the races!

When You Arrive...

- Have your child find their Coach so they know you are there
- Check-In must be done by the swimmer
- Their events will be confirmed by the host team



The Team Tents...

- “EZ-Up” Style canopies will be set up if you would like to sit with other Buena swimmers
- The Team owns a few, some parents bring their own in order to be helpful
- Most families bring folding sport chairs to sit during the meet
- Some bring lunches, small ice chests, and healthy snacks

The Schedule for the Day

- Standard meets (BRW) are broken up into a morning session and afternoon session
- As a new parent, you likely have a younger swimmer on BSC, so you will be part of the morning session
- They usually involve arrival sometime between 7:00 - 7:30am
- An average-sized meet's morning session should be over shortly after 12:00pm (Guideline only)

What Are Time Standards?

- I keep seeing "BRW" on meet info...???
- It stands for Blue, Red, and White...

Time Standards - 5-10 Girls

Short Course Yards	SCSRT	Winter JO	W Super JO-Auto	W Super JO-Cons	Summer JO	June Inv	Dec Inv	Blue Min	Red Min	White Max	Nat A	Nat BB	Nat B
50 SCY Free	29.39	31.70	29.44	30.18	32.00	32.30	32.90	33.90	37.00	37.01	31.89	35.69	39.49
100 SCY Free	1:03.99	1:09.90	1:04.43	1:06.97	1:10.90	1:11.40	1:13.30	1:14.70	1:21.50	1:21.51	1:11.39	1:21.09	1:30.69
200 SCY Free	2:18.29	2:31.80	2:20.21	2:25.97	2:34.50	2:35.10	2:40.80	2:42.00	2:56.80	2:56.81	2:36.39	2:58.29	3:20.19
500 SCY Free	N/A	6:47.72	6:23.09	6:43.57	N/A	N/A	N/A	N/A	N/A	N/A	6:48.39	7:39.49	8:30.49
50 SCY Back	34.09	38.40	34.56	35.83	38.90	39.40	39.50	40.50	44.30	44.31	37.99	43.29	48.59
100 SCY Back	1:13.69	1:22.80	1:14.55	1:17.57	1:23.70	1:24.90	1:25.60	1:28.60	1:36.80	1:36.81	1:21.79	1:33.49	1:45.09
50 SCY Breast	38.39	42.70	38.87	40.37	43.40	44.10	44.30	45.60	49.80	49.81	41.99	47.79	53.59
100 SCY Breast	1:22.79	1:33.30	1:24.64	1:27.62	1:34.30	1:34.50	1:35.50	1:40.00	1:49.10	1:49.11	1:32.39	1:45.59	1:58.79
50 SCY Fly	32.39	35.90	32.63	33.98	36.50	37.30	37.80	38.30	41.80	41.81	36.69	42.39	57.99
100 SCY Fly	1:12.59	1:25.30	1:14.96	1:18.70	1:27.10	1:27.40	1:28.50	1:29.30	1:37.40	1:37.41	1:25.29	1:40.39	1:55.49
100 SCY Ind Medley	1:13.49	1:20.76	1:13.97	1:16.57	N/A	N/A	1:23.10	1:26.60	1:34.40	1:34.41	1:21.39	1:32.39	1:43.39
200 SCY Ind Medley	2:37.29	2:52.90	2:38.65	2:44.75	2:55.20	2:57.40	3:00.90	3:06.50	3:23.50	3:23.51	2:54.19	3:17.29	3:40.39
200 SCY Free Relay		2:10.00	2:08.10	2:08.10	2:11.20	2:15.60	2:15.60						

Championship Meets



- Swimmer must pre-qualify in each event
- There are prelims in the morning, finals in the late afternoon/evening
- Some may swim only once, between the two sessions, based on their age (Timed Finals)
- These are longer days for the whole family
- Hotel stays are often associated with non-local invite meets

Canopies, Chairs, & TOWELS...



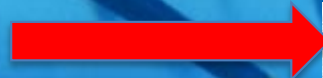
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Getting into the Details

- Sheets will be posted for Boys and Girls
- The colors of the sheets will change as the meet progresses and each is replaced
- The first sheet posted is a “Psych Sheet”
- Your child should appear in their events and you will see where they are “seeded”
- The second sheet is the Heat / Lane Sheet
- These will be posted throughout the meet
- Monitor as your child’s event approaches

Getting into the Details

EVENT



#110 Men 50 Yard Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals Starts at 02:11 PM

1

2	Arnold, Travis N	14	XCEL-SE	NT
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3	Loucks, Jordan	18	OMM-KY	NT
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4	Wedding, Blake	16	OMM-KY	50.63
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5	Gobert, Charles	12	XCEL-SE	51.21
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6	Hinshaw, Hunter	16	XCEL-SE	NT
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7

8

Heat 2 of 3 Finals Starts at 02:13 PM

1	Antic, Stefan G	13	XCEL-SE	40.49
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2	Summers, Que W	16	UN-SE	38.82
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3	Sanders, Christia	15	XCEL-SE	35.06
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4	Fischer, Cole H	14	XCEL-SE	34.66
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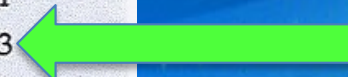
5	Toyoshima, Gem	13	XCEL-SE	34.81
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6	Picha, Sam J	13	XCEL-SE	36.96
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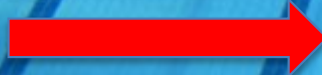
7	Chang, Steven	13	XCEL-SE	40.01
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8	Ingrum, Isaac S	13	PCA-SE	41.28
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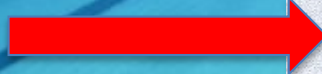
SEED TIME



HEAT 2



LANE 4



Getting into the Details

- The third sheet will be a Results Sheet
- This will show your child's official time after the event is complete
- The time varies from meet to meet when they will be posted
- As your child gains experience, it is beneficial for them to learn how to check for their own Heat & Lane assignments

What Do I Bring???

- The Swim Backpack – A Must
- You will not need your child's "Gear Bag" with fins, paddles, buoys, kick boards, etc.
- Folding sport chairs
- TOWELS – Several for each day, even more during the cold winter meets
- Jacket / Parka, flip-flops, beanies
- Small ice chest with healthy snacks

The Backpack...

- TOWELS – Did we mention that?
- Goggles – Main and backup recommended
- Spare swimsuit, just in case...
- Spare caps, also just in case...
- iPods, iPhones, iPads, Kindles, Nooks, etc.
- Dry set of clothes to wear after the meet



Timing Assignments

- At every “away” meet, parents are **responsible to assist with timing** the swimmers at the event
- The process is referred to as “Having Chairs”
- You may hear coaches or parents referring to “how many chairs we have at this meet”
- They are usually split up into one-hour sections, and we usually have multiple chairs

Timing Assignments

2013 Short Course Jr. Olympics Championships at ELAC

Hosted
by:

SCS & Canyons

1/18/2013

to

1/21/2013

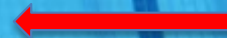
Timing Assignments

Friday

Chair	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	MESA	COTO	RMDA	RMDA	ROSE	ROSE	NOVA	NOVA
2	RIPT	COTO	RMDA	ROSE	ROSE	ROSE	NOVA	NOVA
3	RIPT	COTO	RMDA	ROSE	ROSE	NOVA	NOVA	NOVA

Saturday Prelims

Look for our club: BUEN



Chair	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	TCC	BCH	CCY	RTL	RAA	ROSE	ROSE	NOVA
2	BREA	RST	RIPT	CSSC	MESA	ROSE	NOVA	NOVA
3	BREA	RST	RIPT	COTO	RMDA	ROSE	NOVA	NOVA

Timing Assignments

- As early as possible, find the Timing Sheet located at the Team Canopy
- Sign-up for your session before desirable slots fill up
- Slots are desirable based on your schedule at the specific meet
- If you will be done early, you will not want to stay later only to time
- Plan accordingly if at all possible

What Does “Timing” Involve?

- You will be seated directly behind the starting block in your assigned lane
- There are several “positions” of responsibility, you will have at least one
- The “timing sheets” are filled out by one person, while the others read off the time they show on their stopwatches
- The others have stopwatches which they start at the beginning of each race and stop precisely when the swimmer touches the wall for the last time

What Does “Timing” Involve?

- The stopwatches are to be started when the tone is sounded and the strobe flashes on the official's start box



What Does “Timing” Involve?

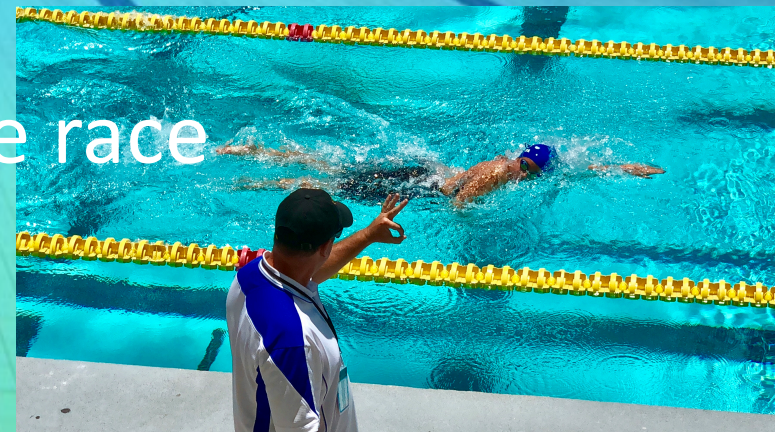
- There is another device you will hear about called “The Pickle”
- It is the primary backup for official timing should the touchpad fail
- At most meets, all those who are timing will have their own pickle and will have to plunge the button when the swimmer touches the wall

The Swim “Pickle”



An Average Routine...

- As your child's race approaches:
- Swimmer may opt to warm up prior to racing
- Determine Heat & Lane, go report to Coach
- Report to the proper location ahead of time
- Swim the event
- Swim a warm down (Usually at least twice the distance of the race)
- Report to Coach to review the race

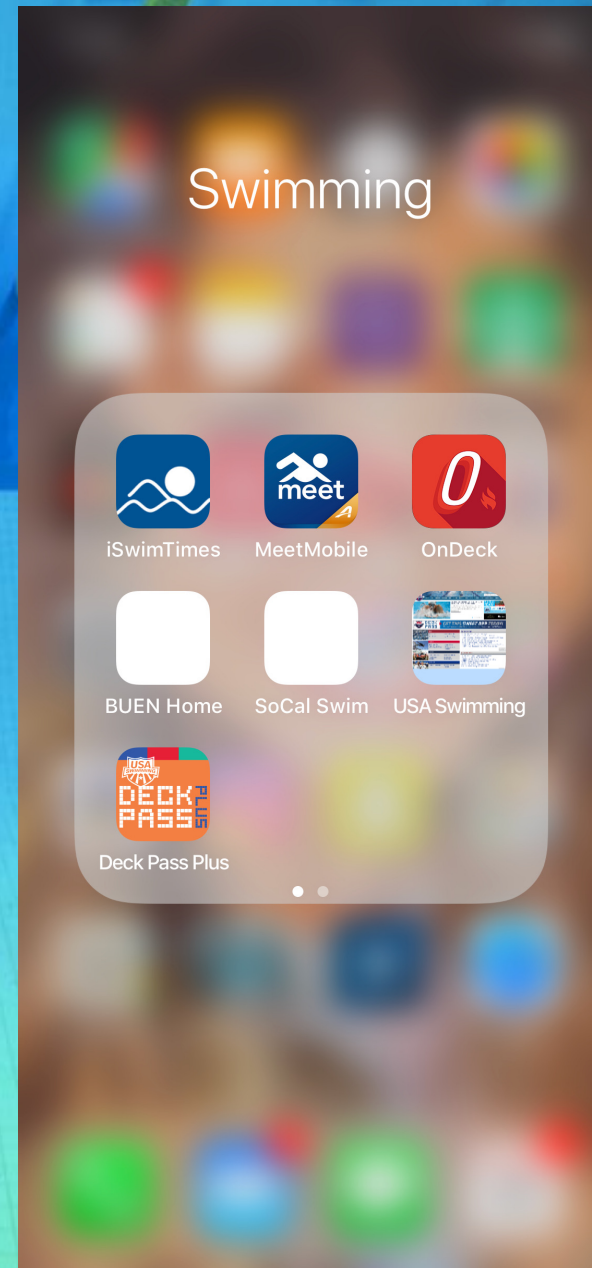


The Technology Age

- Team Homepage is at <https://www.teamunify.com/Home.jsp?team=scsbsc>
- There are many “Apps” that can be helpful in managing your swimmer and the meets they attend
- Important links may be found on the Team Page under the “Links” tab

Some Useful Apps & Sites

- Meet Mobile
- Live Results
- On Deck
- Deck Pass or Deck Pass Plus
- Southern CA Swimming at socalswim.org
- USA Swimming at usaswimming.org
- iSwimTimes



Most Importantly...

- Have fun with your child and with Buenaventura Swim Club!



THANK YOU!!!

