

Swim Meet Basics

A few tips to make swim meets easy for your family!



BEFORE THE MEET

- Arrive at the pool **at least 15 minutes before** the scheduled warm-up time begins. Your coaches will tell the specific times for warm-ups to all parents.
- Upon arrival to the pool, find a place to put your swimmer's blankets, swim bags, coolers, sleeping bags, etc. The team usually sits together in one place, so look for some familiar faces in blue!
- Parents are typically not allowed on the pool deck, it may be the swimmer's responsibility to go on the pool deck to find his/her coach to check-in.
- Heat sheets will be available in a central location. You will need to purchase one (usually \$5-\$20) to be familiar with the order and know when your swimmer will compete. Write your swimmer's events, heats, lane assignments on his/her hand, arm or leg. This helps him/her remember what events he/she will be swimming.
- Make sure your swimmer gets their cap and goggles ready and reports to the pool for the designated warm-up. The coaches may come to the team area, but more often than not, the swimmers find the coaches on the pool deck. It is very important for all swimmers to warm-up with the team! A swimmer's body is just like a car on a cold day - he/she needs to get the engine going and warmed-up before he/she can go all out.
- After warm-up, your swimmer will go back to the team area and wait there until the first event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink or snack, or gets settled in.
- The meet will usually start about 10-15 minutes after the warm-up sessions are over.
- According to USA Swimming rules, parents are not allowed on deck unless they are serving in an official capacity. So, all questions concerning meet results, an officiating call, or the conduct of the meet, should be referred to a coach. He or she will then pursue the matter through proper channels. *Parents should **NOT** go straight to officials for questions or comments.*
- **Psyche Sheet vs Heat Sheet**
 - **Psyche sheet** is posted before a meet, typically online, and lists all the swimmers entered in each event. The swimmers are listed in order of "seed time". If a swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". Those swimmers will most likely swim in one of the first heats of the event.
 - **Heat sheets** are available for purchase during a meet, and lists the actual heat and lane assignments for all the swimmers in the meet. These are available for sale.

WHEN THE MEET STARTS

- It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand, arm or leg).
- There are two ways a swimmer gets to his/her lane for a race:
 1. Reports directly to the lane for competition, a couple heats before the actual swim.
 2. Reports to the "Clerk of Course". The swimmers report to this designated area, ready to swim, Workers will line up all the swimmers and take them to their lanes in the correct order. Coaches will inform all the parents which way will be used for the meet.

AFTER EACH SWIM

- Swimmers should ask the timer for their times
- Depending on the coaches instructions, the swimmers may be asked to do some recovery swimming if a "warm-down" pool or lanes are available.
- After warm-down, the swimmers should immediately to see their coach. The coach will discuss the race with each swimmer.
- The swimmers then wait until the next race is called and starts the procedure again. Once all the events are completed, make sure as a parent, you check with the coach before leaving to make sure your swimmer is not included in a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and is not there.
- Results are usually posted somewhere in the facility. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give awards to the swimmers at practices to follow.