



#### **SWIM MEET CHECKLIST FOR THE ATHLETE**

- Team Suit
- Team Cap
- Goggles
- Extras: suit, cap, and goggles
- Team T-shirt
- Towels (pack at least two)
- Parka or sweat suit (something warm to wear between events)
- Sandals (easy on/easy off)
- Sunscreen
- Hat
- Activities (travel games): book, iPod, Gameboy, playing cards.
- Healthy snacks: (granola bars, energy bars, fresh fruit, yogurt, cereal, sandwiches, pretzels, bagels)
- Water
- Something to sit on between events (old towel, chair)
- Make sure your name is on all gear (suits, caps, goggles, parka, t-shirts, towels)

#### **SWIM MEET CHECKLIST FOR PARENTS**

- Plan to have your swimmer at the venue 15-30 minutes prior to the warm up
- Purchase a heat sheet and highlight the events your swimmer is swimming
- Sharpie, pen, and highlighter
- Chairs
- Snacks, water, small cooler (the PCST venue does not allow for large coolers in the pool area)
- Money for heat sheet and concessions
- Hat and sunscreen

#### **REMINDERS FOR SWIM PARENTS**

- Parents are not allowed behind the blocks or near the coach tables
- Parent code of conduct
  - Remember that learning is a process.
  - The coach will discuss strategy and technique with your swimmer. This is not your job.
  - Set an example of good sportsmanship
- Remind your swimmer to check in with the coach upon arrival, before each event, and before you leave
- Pay attention to the meet and the events, it is your responsibility to make sure your athlete is ready to swim at least 15 minutes before each of their events.
- Make sure your athlete is staying hydrated, eating healthy, and resting between events.

## SWIM TERMINOLOGY

- **BULLPEN:** Where under 8 swimmers report at a swim meet before each event.
- **COURSE:** Designated distance over which the competition is conducted. Long course~50 meters. Short course=25 yards.
- **D.Q. (DISQUALIFIED):** The swimmer's time is not considered in the competition due to an improper or illegal stroke technique or other rules infraction. The referee or stroke judge determines DQ's.
- **N.T. - NT (no time)** after a swimmer's name on heat sheets or psych sheets indicates that the swimmer does not yet have an officially recorded time in the event.
- **ENTRY CARD:** An event card filled out for each swimmer's events. These cards are to be picked up by each swimmer at the meet before his event, then given to the timer for his assigned lane.
- **FALSE START:** An error in which the swimmer leaves the block before the swimmer touches the wall on a relay event. Also a false start is given to any swimmer who makes any movement after being called to your mark, but before the starting signal has been given.
- **HEAT:** A division of an event in which there are too many swimmers to compete at one time.
- **OPEN:** Each age group will have no qualifying times. B/C swimmers may compete, but awards will only be given to the top 6 or 8 fastest swimmers. Also, may refer to a division at a swim meet that includes events that are open to all ages, but awards will only be given to the top 6 or top 8 fastest swimmers that swim each event within this division, regardless of age.
- **SES:** Southeastern Swimming, our LSC.
- **UNITED STATES SWIMMING: USA SWIMMING:** The organization that conducts swimming programs and supervises amateur competitions in the United States.
- **WARM-UP:** A planned session prior to a meet or practice.
- **WARM-DOWN:** A period after a race/practice for the swimmer to loosen up the muscles to prevent stiffness or soreness.
- **Psych Sheet** - At all positive-check-in meets, you can pick up (for ~\$3) a listing that tells you all the events and all swimmers in each event: the swimmer with the fastest seed time is listed first and the swimmer with the slowest seed time is listed last. While the psych sheet does tell you all the events your child will swim in, it does not tell you precisely which heat your child is in. (Some meets are not positive-check-in, at those meets you can buy a heat sheet ... see the definition of heat sheet). Heat sheets and Psych sheets are very helpful for following a meet.
- **Short Course** - Generally, the fall through spring swim season. Meets are held indoors, in 25 yard pools. Shortest event is a 25 yard distance.
- **Long Course** - Generally, the summer swim season, usually in 50 meter pools, though occasionally there will be a 25 yard pool. Very often outdoor pools are used. Shortest event is a 50 meter distance.
- **Meters versus Yards** - Pools are constructed in two measurement dimensions. Meters, as in the metric system, and yards. Meters are used for all international meets, and many other meets. Long course is often held in meter pools. Yards are found in short course, and local pools. 25 meters and 50 meters are longer than 25 and 50 yards.
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