



## Swim Meet information

### What to Expect at Your First Swim Meet:

Your athlete may feel a mix of nerves and excitement, which is entirely normal. Emphasize the importance of having fun—the primary goal of swim meets. These events offer an excellent opportunity for team bonding as swimmers get to know their teammates and enjoy cheering each other on. Despite initial nerves, most kids find so much joy in their first meet that they eagerly anticipate the next one. Encourage them to focus on doing their best, as the real enjoyment comes from witnessing their improvement from meet to meet.

### Choosing the Right Swim Meet:

We understand that the multitude of meets can be overwhelming. Here's a breakdown to help you determine the best fit:

- **Novice Swim Meet:** White, Blue, Bronze, Silver, Gold, Platinum
  - Perfect for beginner swimmers.
  - No officials, so swimmers can't be disqualified for incorrect strokes or turns and learn.
  - Other swimmers are also beginners, providing appropriate competition.
  - Short distance events with a shorter overall duration.
  - Ideal for preparing newer swimmers for longer and higher-level meets.
- **USA Swimming Meets:** Bronze and Up
  - Sanctioned by USA Swimming.
  - Swimmers must be registered as a USA Swimmer to attend.
  - Minimum time standards for BB min swim meet, earned at an NTS ( No Time Standards) Swim Meet.
  - Opportunity to compete with swimmers from other teams in SD county.
- **Championship Meets:** Silver, Platinum, Elite (some Bronze)
  - USA Swimming hosts championship meets during the season.
  - Includes Summer Age Groups Championships, Winter Age Group Championships, and 14/U Age Group Championships.
  - Time standards apply, and athletes must qualify to enter.
  - A significant honor for those who qualify and compete at these meets.
- **Other Notable Competitions:** Elites and Seniors
  - Age Group Zones, Far Western, Sectionals, Futures, Juniors, US Open, Olympic Trials.

We hope this information helps you navigate the exciting world of swim meets. Feel free to reach out if you have any questions or need further clarification.