



SMS PARENTS FAQs

If you have a question that is not answered below, please do not hesitate to pose it on to your SMS WhatsApp Group Chat, ask Coach Darren, ask any SMS Director or ask any other SMS parent. There are no silly questions and we are all in this together.

SWIM MEETS

What to Bring: *What must my swimmer bring to the swim meet venue?*

1. Racing swimsuit (SMS logo swimsuit or tech suit)
2. Navy competition cap & white competition cap
3. Goggles x 2
4. Black permanent marker
5. Towel x 2
6. Deck clothes: SMS logo shirt, shorts, hoodie if cool weather
7. Sunscreen
8. Camp/beach chair for swim meets at CBAC pool (no seating for swimmers)
9. Healthy snacks (nut-free)
10. Water & electrolyte drinks, water bottle
11. Games/books
12. A funny joke for the coaches (optional)

Competition Caps: *Why do competition caps come in two colours and when do we use navy/white caps?*

Navy competition caps must be worn in the morning sessions and **white** competition caps must be worn in the evening sessions. Swimmers must wear their competition caps during warm ups.

All competition caps are marked with your swimmer's last name. If you lose or break a competition cap, please let the kit committee know right away (smsswimkit@gmail.com). The kit committee orders competition and training caps annually. Blank competition caps are available throughout the year.

Race Events: *How do I know what events my swimmer will be racing?*

Your swimmer's individual events are listed on the **SportsEngine Motion app** - just click into the event and press "Run" and click onto your swimmer.

Your swimmer will likely also be racing on a relay team towards the end of each session. Relay teams are finalised during the swim meet and it is crucial that you **first confirm with Coach Darren whether your swimmer is racing on a relay team prior to leaving the pool** after your swimmer's last individual race of the session. *Please see the FAQ on relays below for more information.*



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Start Time for Race Events: *How do I know when my swimmer's events will be held?*

At swim meets, you will often hear about **psych sheets** and **heat sheets**. They are two different tools to help swimmers and parents follow along with the races at swim meets.

- **Psych Sheets:** These are like the “preview” of the swim meet. They list all the swimmers entered in each event, usually in order of their seed times (the times they have previously swum). Psych sheets can help you see how many swimmers are in an event and give an idea of where your swimmer ranks going into the meet.
- **Heat Sheets:** These are made once the meet is ready to start. They show the actual **heats (groups of swimmers)** and **lane assignments** for each event. Heat sheets tell you exactly when and where your swimmer will race.

Psych sheets = preview of entries and seeding.

Heat sheets = the real schedule with heat and lane assignments.

SMS will circulate copies of the psych sheets and heat sheets by email as soon as we received them from the host club, usually a couple of days before the swim meet starts.

Pro Tip: Download the **Meet Mobile App** onto your cell phone (iPhone & Android).



Meet Mobile: Swim

Sports

Designed for iPad. Not verified for macOS.

1. **Download & Open the App:** Check your app store for *Meet Mobile*
2. **Find your Swim Meet:** Use the search bar to look up the name of your swim meet (meets are usually listed by date and host team or by name used in the summons circulated by SMS email in advance of the swim meet)
3. **Follow your Swimmer:** You can look up events by swimmer name, event number and team
4. **See Heat Sheets & Results:** The app shows event order, heat and lane assignments, and often live (or near-live) or posted results once races are finished
5. **Stay Updated:** The app is a great way to track what is happening in real time

Results: *How do I get my swimmer's results?*

Use the **Meet Mobile App** to obtain live or posted results during the swim meet.

Swim meet results will be posted to the **SMS website** under the 'Meet Results' tab.



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Warm-ups: *What are warm-ups and are they required?*

Warm-ups are scheduled pool time before a swim meet begins where swimmers get in the water to loosen up, practice starts or turns, and prepare their bodies for racing. They help reduce the risk of injury and allow swimmers to get comfortable with the competition pool.

Warm-ups are required for SMS Swimmers. Warming up properly can make a big difference in performance and safety. Warm-ups get swimmers race-ready and they are an important part of meet preparation that swimmers are expected to do.

Warm-up start times will be circulated to parents by email in advance of the swim meet.

Race Format: *What is the difference between "Timed Finals" and "Preliminaries & Finals"?*

In swimming, the terms "**timed finals**" and "**preliminaries & finals**" refer to two different race formats:

- **Timed Finals:** Each swimmer races **once**. Their time from that swim is compared against everyone else in the event, and the fastest overall times determine the final placement. This format is often used for younger age groups, longer distance events, or when time is limited.
- **Preliminaries & Finals:** Swimmers first compete in **preliminary heats** (prelims). The fastest swimmers from those heats — usually the top 6 (if a six-laned pool) or 8 (if an eight-laned pool) — advance to **finals** later in the day or meet. In finals, everyone starts fresh, and final placements are based only on the times from the finals race (not prelims).

In short:

- **Timed finals** = one swim, time counts for everything.
- **Prelims/finals** = two rounds, prelims to qualify, finals to place.

The swim meet has Prelims & Finals (morning & evening sessions). What do I do with my swimmer between the two sessions?

At a swim meet with Prelims and Finals, swimmers often have several hours between the two sessions. The goal during this time is to **recover, refuel, and get ready** for Finals:

- **Eat & Hydrate:** Encourage your swimmer to have a healthy meal or snack that refuels their body (lean protein, carbs, fruit, water). Avoid heavy or junk foods that might make them sluggish.
- **Rest & Relax:** This is downtime—some swimmers nap, read, or just hang out quietly. Saving energy is key.



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- **Stay Positive:** Finals can feel exciting and sometimes nerve-wracking. A calm, encouraging environment helps your swimmer stay focused and confident.
- **Return on Time:** Make sure to come back to the pool early enough for warm-ups before finals. Coach Darren will want the team together at a set time.

Recover, eat, rest, and be ready to come back for Finals.

Please do not attend other activities or competitions for other sports. Please do not spend the period running errands. These activities will negatively impact your swimmer's performance at Finals.

Podium attire: *What must my swimmer wear when receiving a medal on the podium?*

Swimmers must wear their **orange SMS shirt** on the podium. Swimmers should remove their cap, goggles and towels prior to attending at the podium for their medals.

Tech Suits: *What are Tech Suits and who can wear them?*

A **technical suit** (often called a **tech suit**) is a special type of swimsuit designed for competition. Unlike regular practice suits, tech suits are made with high-performance fabric that is very tight and compresses the muscles. This helps reduce drag in the water and can give swimmers a small speed advantage.

Tech suits can be expensive and don't last as long as regular suits.

Swimmers aged 12 and above may choose to wear an adult technical swimsuit in competitions.

Swimmers aged under 12 may choose to wear the designated **12 & under eligible** technical swimsuits in competitions. Examples of 12 & under eligible technical swimsuits can be found [here: 12 and Under Eligible Girls, 12 and Under Eligible Boys](#).

Relays: *What are relays and when do I find out whether my swimmer is in a relay?*

Relays are team events in swimming where **four (4) swimmers work together on a team**, each swimming part of the race. Common relays include the **freestyle relay** (all four swim freestyle) and the **medley relay** (each swimmer swims a different stroke). Relays are exciting because they combine teamwork, strategy, and team spirit.

When will I know if my swimmer is in a relay? Relay lineups are decided by **Coach Darren at the meet**. Coaches often wait until they see how swimmers are performing in their individual races before finalizing who will swim in a relay and in what order. This means you will likely not know until **the day of the relay event**, sometimes even shortly



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before it takes place. It is therefore crucial that you first confirm with Coach Darren whether your swimmer is racing on a relay team prior to leaving the pool after your swimmer's last individual race of the session.

End of Competition Day: *When can I take my swimmer home from the swim meet?*

Even if your child has completed all of their individual events for the session, **do not leave the swim meet before first confirming with Coach Darren whether your child will be swimming in a relay.** Relays are commonly held at the end of the session. Your swimmer will likely be on a relay team.

If you leave the swim meet without first confirming with Coach Darren whether your swimmer is on a relay team and they are slated to be on a relay team, your swimmer will have missed a fun team race AND the other 3 swimmers on the relay team will be forced to sit out of the race as they won't have sufficient swimmers to participate. We want to avoid this situation at all times.

Leaving Early: *What do I do if I must leave early from a swim meet with my swimmer?*

If you know ahead of time that you may need to leave early, please **let Coach Darren know as soon as possible.** This is especially important because your swimmer might be scheduled for a **relay**, and leaving without notice could affect three other teammates who are counting on them.

If something comes up unexpectedly during the meet, **find Coach Darren before leaving** so he is aware. That way, Coach Darren can make adjustments if needed and your swimmer won't miss an important race.

Communication is key — always check with Coach Darren before leaving early.

Volunteering: *Do I need experience to volunteer at swim meets?*

Prior to the start of each swim meet, parents will be requested by email to volunteer as timers, trainee officials and officials. Each club is expected to provide 4 timers for each swim meet session.

There is no experience necessary to volunteer as either a timer or a trainee official.

Trainee officials and officials will have their meet fees reimbursed by the host club at the rate of 1 swimmer's fee per session volunteered.