



AQUASOL GUIDE TO A USA SWIM MEET

Here are a few tips to help you in your first USA swimming meet:

1. When you arrive at the pool with your swimmer, find the team area where other families have set up tents, or coaches have set up the orange AquaSol tent. This will be where you can set up any chairs or a tent if you brought those items.
2. Find the swimmer check-in area. ***ALL SWIMMERS MUST BE CHECKED IN FOR THE MEET IN ORDER TO SWIM. FAILURE TO CHECK IN YOUR SWIMMER MEANS THEY WILL BE UNABLE TO SWIM. YOU MUST CIRCLE AND INITIAL EACH EVENT AT CHECK-IN.***
3. Find the AquaSol coaches. Coaches will set up their chairs somewhere by the side of the pool. Your swimmer should check in with their practice group coach.
4. Get ready for warm-ups! We warm-up as a team. EVERYONE will warm up for the meet together. This is an important step in getting out pre-meet jitters, and waking the body up for the day of swimming. We expect all swimmers to be at the meet for warm-ups at the time designated by coaches.
5. After warm-ups return to the tent area and get ready for racing.
6. Swimmers will be placed in Heat and Lanes for each race. A posting of this information will be on the pool deck. You will need to check this list for EVERY RACE as this will change with each race. Races are organized by event numbers so make sure to know your swimmer's event number when you go to check for their heat and lane.
7. Once you have your swimmer's heat and lane, go to the coaches and make sure they have this information. Your child's coach will talk with them about the upcoming race.
8. Swimmers are responsible for getting themselves behind the blocks before their race. It is important to help your swimmer follow the meet. They should plan to be behind the blocks a few heats before their race begins.
9. After the race, swimmers should warm-down (coaches will instruct how much) and then report back to the coaches to discuss the race.
10. TIMING SHIFT – All parents must take a timing shift if your swimmer is attending the meet. Timing shifts will go out prior to the meet and you can sign up on the AquaSol website.

A few suggestions regarding what you should bring to the meet:

A minimum of 2 towels per day, racing suit, parka (if needed), team cap, goggles, water bottles and nutritious snacks, sunscreen and shading devices (hats, umbrellas, tents), warm clothing and waterproof shoes for your swimmer. Make sure to check the weather and supplement with other items as needed. Optional items that are often helpful to have also are sleeping bags/blankets, tents, stadium chairs, games, books.

A few reminders for the day:

Disqualifications, or “DQ’s”, are an inevitable part of the learning process and should not be viewed as negative. The coaches view DQ’s as reminders of things to work on in practice. If you have a question regarding a disqualification, see your child’s coach.

Meet awards vary depending upon the host team. Please refer to the meet sheet for details regarding awards.

Due to fire and safety concerns, Sierra Nevada Swimming prohibits the use of propane heaters at swim meets.

The use of all cameras and video equipment behind the blocks is not allowed per USA Swimming rules concerning privacy and swimmer safety.

And finally...

If you have questions, please reach out to fellow parents or coaches. We want to help!

Enjoy the day and support your swimmer. “Great effort”, “Great racing”, “Proud of your courage”, are all things that we want parents to say to their swimmers. A swimming career is a marathon of many meets.... we want our swimmers to enjoy this experience and as coaches promise to support, encourage, and instruct them!

GO AQUASOL!!