

Meet Information for First Timers

Things to Bring:

Swimsuit (and spare if you have it), cap, goggles, and sandals

Towels - at least 2

Something to sit on – camp chair; even if the pool has bleachers the team usually sits together on the deck

Shade/Shelter – some meets have limited indoor sitting, an outdoor popup can be used in the overflow area

Warm clothes (e.g. sweats, sweatshirt, parka) to hang out in between Heats

Games, books, etc.: anything to help pass the time, there can be a lot of downtime between events

Sunscreen - if meet is outdoors

Fan(s) – for outdoor meets

Permanent marker (Sharpie) and a highlighter

Food and drinks - It is OK to bring a cooler, and most meets have a concession stand.

Some snack ideas:

Water, chocolate milk, real fruit juice (NO soda)

Apples, grapes, celery, carrots, oranges

Cliff Bars or granola bars

crackers, peanut butter, cheese sticks

fruit snacks, cookies

Day of Meet:

1. Arrive at the pool 15-20 minutes prior to warm-ups: check-in with the coach for swim events.
2. Find a place to put your gear, chairs, snacks, etc. The team usually has a spot on the deck, but you can sit wherever you like. Make sure to check in with the coach when you arrive and before each heat (race).
3. As a parent or spectator, remember that the pool is always very warm and wet even in the winter. Shorts and sandals will be the most comfortable.
4. Buy a Heat Sheet if available. These are usually sold by the concession stands or the front door. The Heat Sheet will tell you the order of events, which events your swimmer is in, which lane, etc. They can be a bit intimidating at first, so ask if you need help understanding. Most meets will also post the heat sheets at various locations around the pool, these may be the only heat sheets available. If you are unable to buy/find a heat sheet, you can ask the coach if they have one or use the MeetMobile app.

Sample Heat Sheet Entry:

Event 25		Female 9-10		100 Back
Lane	Name	Age	Club	Seed Time
Heat 1				
4	Jane Doe	9	EST	NT
5	Sally Smith	10	CSC	NT
6	Jen Jones	9	BY	NT
Heat 2				
1	Betty Boop9	EST	1:22.07	
2	Lucy Ricardo	10	BY	1:20.05
3	Agatha Christie	10	EST	1:15.67
4	Cheryl Crow	10	MVY	1:15.02
5	Dotty Oz	9	CSC	1:20.03
6	Sandy Smith	10	BY	1:22.06

The swimmers are listed in order of their seed time (the swimmer's best time). If this is their first time for an event, they will be listed as NT (no time). Note that the girls usually swim odd numbered events and boys swim even numbered events. The coach will usually assign relay teams the day of the race, so they will not be listed on the Heat Sheet. Make sure you know whether your swimmer is in a relay by checking with the coach each morning.

*Note: A relay event consists of four swimmers swimming together in an event, the event is seeded by team. Individual swimmers are not listed on the heat sheets.

5. Highlight your swimmer's events in heat sheet and write them on the swimmer's arm with the Sharpie so they know when to swim. In the following example, the swimmer is swimming in Event 6, Heat 2, Lane 4 (50 backstroke), etc.

Example:

E	H	L	
6	2	4	50 back
14	3	6	100 free
22	2	5	50 Free

6. The events run **VERY FAST**. There are literally seconds between heats, so have your swimmer behind their lane at least two heats before they swim. **The swimmer from the previous race will not exit the water until the next race starts, so be ready!**
7. Your swimmer will usually have a lot of time between races, so use this time to get a snack and something to drink. Spectators are welcome to come and go, but the **swimmers must remain at the pool until they complete their final event**. Sometimes the order of events is changed, events are combined or scratched, so the swimmer needs to be prepared.
8. Snake River LSC meets will have lane assignments for timers for the weekend. The announcer will request timers from the different teams if these assignments are not covered. Check with the coaches if you hear this call during the meet and are interested. **It is important to have parents volunteer for this**, but if it is your first meet do not worry about volunteering - enjoy watching the meet and getting a feel for how things work. Make it a fun and positive experience for you and your swimmer!

Note that timers from our team are not required for meets outside our LSC.

Miscellaneous Information:

1. Although the meets often run three days, you do not have to swim all three days. Friday nights are normally longer events such as the 200 & 500 freestyle. **You can look at the .pdf of each individual meet on the Elko Swim Team web site under Team Events. This form will tell you where the meet is being held, what time it starts each day, deadlines for registration, when the different events will be held, etc.** This can help you decide which events to sign your swimmer up for.
2. The web site will not allow you to sign your swimmer up for events they are not eligible for, so feel free to enter any of the events listed under your swimmer. The coach will add to or change your selection if he/she feels your swimmer is ready for it. Remember, you can always decide not to swim individual events at the meet but once the deadline passes you cannot add events.
3. MeetMobile is a great, inexpensive app that all the teams use. It allows you to see real time results (sometimes slightly delayed) for each event, final times and placement, and sometimes heat sheets.
4. All travel arrangements are made by you. The team does not drive together, and hotel selections are made by the parents.
5. The meets start early and often run through lunch, so when packing snacks consider yourself as well!

TO USE THE SMITH'S COMMUNITY REWARDS PROGRAM:

If you have a Smith's Rewards card, you can list Elko Anacondas Swim Team as your benefactor for Smith's donations. They will donate a percentage of every purchase to the Team at no cost to you.

1. Most people with a rewards card do not yet have an online account. Go to www.smithsfoodanddrug.com and click on the *'Welcome Sign In'* arrow next to the shopping cart
2. On the sign-in page, click *'Create an Account'*
3. Log into your newly created account. Click on *'My Account'* arrow, then *'My account'*
4. Click on *'Inspiring Donations'* on the left-hand side
5. Here you will be able to search for Elko Swim Team as the Organization name you would like to use

Note: Do you use your phone number at the register? Call 800-576-4377, select option 4 to get your Smith's rewards card number.



Swim Meet Check List:

- ☐ Swimsuits (2)
- ☐ Swim Cap (2)
- ☐ Goggles (2 pairs) (clear or mirrored)
- ☐ Sandals
- ☐ Warm clothing – sweatshirt, sweatpants, swim parka
- ☐ Towels (2)
- ☐ Entertainment – games, books, etc.
- ☐ Sunscreen
- ☐ Fan(s)
- ☐ Permanent marker (Sharpie)
- ☐ Highlighter
- ☐ Food/Snacks (cooler)
- ☐ Water Bottle and Drinks
- ☐ Camp Chair(s)

*Laminate this page and you can utilize it repeatedly.

*Remember: find out if it is an indoor or outdoor pool so that you can pack accordingly.