



# Elko Swim Team

Parent Meeting

9/17/2025

Flag View Elementary

6:00PM

# Welcome

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## 💧 Board Member Introduction

- 💧 President: Heather Dahlman
- 💧 Vice President/Registrar: Belinda Worthy
- 💧 Treasurer: Melissa Thompson
- 💧 Secretary: Steve Thayer
- 💧 Member at Large: Melissa Jones
- 💧 Member at Large: Sarah Parker – Safe Sport Ambassador
- 💧 Member at Large: Austin Dullum



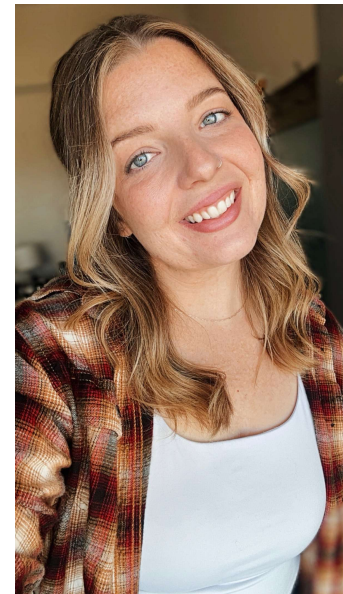
# Welcome

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## 💧 Coach Introduction

- 💧 Head Coach: Erin Ferris
- 💧 Assistant Coach: Rachel Randall
- 💧 Assistant Coach: Nicole Fields
- 💧 Assistant Coach: Teddy Dullum
- 💧 Assistant Coach: Harrison Trent
- 💧 Assistant Coach: Michelle Smith



# 2025/2026 Season Goals

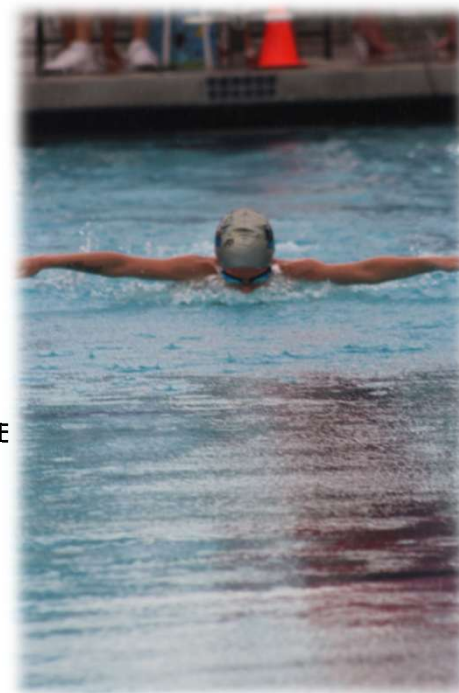
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CONTINUE TO FOSTER PASSION  
FOR THE SPORT AND  
IMPROVEMENT OF SWIMMING  
SKILLS



FOSTER COMPETITIVE ATMOSPHERE  
FOR PROGRESSION OF OUR  
ATHLETES AND PROGRAM





# EST Expectations

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## 💧 Swimmers

- 💧 Regular attendance at practice
- 💧 Positive attitude and respect for coaches and teammates
- 💧 Attend minimum of two swim meets per year
- 💧 Swimmers over 13 – complete Safe Sport
- 💧 Code of Conduct signed and returned

## 💧 Parents

- 💧 Pick up swimmers on time
  - Parents must arrive at swimming facility no later than 5 minutes after practice has ended
  - Athletes not out of the locker room and picked up within 10 minutes of practice ending will result in a \$15 fee applied to your account – effective immediately
- 💧 Promote sportsmanship and respect for athletes, coaches, officials and board members
- 💧 Complete volunteer and fundraising obligations
- 💧 Code of Conduct signed and returned





# Registration and Resignation

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- 💧 Belinda Worthy – Registrar
- 💧 Registration:
  - 💧 \$90 per family
  - 💧 Monthly dues per swimmer (Gold \$95, Silver \$85, Bronze \$75, Copper \$70)
  - 💧 USA Swimming fee of \$80
- 💧 If you need to pause your swimmers account, please notify us there is a \$20 per month pause fee to remain on the team.
- 💧 Pool fees: Families must purchase pool passes for each swimmer every year. Purchased through City of Elko Parks and Rec or at front desk of the pool. **Last day to purchase a full quarter pool pass is September 23, only punch cards will be available after this date**
- 💧 Resignation: If you decide to resign from the team during the swim year a resignation form needs to be completed. This can be found on the team website. Monthly dues will be charged until the resignation form is submitted
- 💧 Bank fee of 3% will be applied to your total for any purchases (registration, monthly dues, volunteer and fundraising charges)



# Volunteer Obligations

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- 💧 Each family is required to complete 10 hours of volunteer time
- 💧 Fee of \$10/hour will be charged for each hour not completed
- 💧 Volunteer opportunities:
  - 💧 Home swim meets
  - 💧 Timing at home or away meets
  - 💧 Team activities
  - 💧 Fundraising events
- 💧 **We will credit your volunteer time one hour for each parent who completes Safe Sport**





# Volunteer Opportunity

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- 💧 By Law Update Committee
  - 💧 Call for a committee to help update the EST bylaws
  - 💧 Time spent will count towards volunteer hours
  - 💧 Please sign up with the board by September 30





# Fundraising Goals

- EST is a 501( c)(3) nonprofit organization
  - Tax ID 88-0223573
- \$12.5k for the season
  - Keep registration fees/monthly dues low
  - Two-year goal to buy timing board for pool
  - Fund team building events for athletes outside of the pool
- Each swimmer is responsible for raising \$200 per year
  - If this is not met by the end of the season or upon resignation from the team, whichever comes first, your account will be charged

| Colorado TIME SYSTEMS. |       |        | Colorado TIME SYSTEMS. |       |        |
|------------------------|-------|--------|------------------------|-------|--------|
| LANE                   | PLACE | TIME   | LANE                   | PLACE | TIME   |
| 1                      | 1     | :3208  | 5                      | 5     | 2:4283 |
| 2                      | 8     | 3:0162 | 6                      | 4     | 2:3736 |
| 3                      | 7     | 2:5571 | 7                      | 3     | 2:3192 |
| 4                      | 6     | 2:5037 | 8                      | 2     | 2:2603 |



# Fundraising Opportunities

- 💧 Does your company have a matching program?
  - 💧 Check for EST as a nonprofit organization for which to donate
  - 💧 We can work with you to set up a donation schedule which will credit towards your monthly swim dues
    - Annual commitment required, family contribution must equal the aggregation of monthly swim dues
- 💧 If you are aware of corporate sponsorship opportunities, please reach out to the Board!



# Fundraising Opportunities



Sponsor: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Swimmer's Name: \_\_\_\_\_

Please choose sponsorship type below:

|                          |                                                                                   |                                                                      |
|--------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------|
| <input type="checkbox"/> | \$500                                                                             | Meet Sponsor (36x60 vinyl banner, logo on website plus full-page ad) |
| <input type="checkbox"/> | \$250                                                                             | Pool Sponsor (20x30 vinyl banner plus full-page ad)                  |
| <input type="checkbox"/> | \$100                                                                             | Lane Sponsor (12x24 vinyl Banner)                                    |
| <input type="checkbox"/> | \$50                                                                              | Full Page Ad in Meet Program (High Altitude meet only)               |
| <input type="checkbox"/> | \$30                                                                              | Half-Page Ad in Meet Program (High Altitude meet only)               |
| <input type="checkbox"/> | \$20                                                                              | Business Card in Meet Program (High Altitude meet only)              |
| <input type="checkbox"/> | \$10                                                                              | Race sponsor cheer announced at meet: (High Altitude meet only)      |
| Choose cheer & add name  | Anaconda Pride,<br>Swim Hard,<br>So proud of you,<br>Custom cheer up to 10 words: |                                                                      |

Swimmer, please submit this half of form to your coach with business card or logo and payment. Clip card and payment to form - NO STAPLES.

For Swim Team Use Only:

|                        |           |         |
|------------------------|-----------|---------|
| Venmo Website or Check | (check #) | Amount: |
|------------------------|-----------|---------|



Thank you,  
Sponsor!  
We Rely on  
Your Support

For Sponsor's Tax Purposes:  
Tax ID 88-0223573  
Elko Swim Team  
PO Box 2721  
Elko, NV 89803

Date: \_\_\_\_\_  
 Sponsorship amount (circle):  
 \$500 \$250 \$100 \$50 \$30 \$20 \$10  
 Other Amount: \_\_\_\_\_  
 Swimmer Name: \_\_\_\_\_

This is for your Sponsor's records

## Spring and Summer Meet Heat Sheet Sales

- Highlight your athlete in the meet program
- Opportunity for business advertisement



# Practice Schedule

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|        | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday     |
|--------|-------------|-------------|-------------|-------------|-------------|--------------|
| Gold   | 4:15 – 5:45 | 4:15 – 6:15 | 4:15 – 5:45 | 4:15 – 6:15 | 4:15 – 6:15 | 9:00 – 11:00 |
| Silver |             | 4:15 – 5:45 | 4:15 – 5:45 | 4:15 – 5:45 | 4:15 – 5:45 | 9:00 – 11:00 |
| Bronze | 4:45 – 5:45 |             |             | 5:45 – 6:45 | 5:45 – 6:45 |              |
| Copper |             | 6:00 – 6:45 |             | 6:00 – 6:45 |             |              |

- 💧 Athletes must be picked up no later than ten minutes after practice ends
- 💧 \$15 late pick up fee will be applied to your account for each occurrence



# Meet Schedule

💧 Required to attend two meets minimum per year

| Date          | Day        | Event                              | Location                      | Comment           |
|---------------|------------|------------------------------------|-------------------------------|-------------------|
| 10/11 - 10/12 | Sat-Sun    | Koudelka Meet                      | Howard RC, Nampa, ID          | No Coach Budgeted |
| 10/17 - 10/19 | Fri - Sun  | King of the Hill                   | Reno, Nv                      | Coach Budgeted    |
| 10/25/2025    | Sat        | Spook Splash                       | Wes Deist AC, Idaho Falls, ID | No Coach Budgeted |
| 11/8-11/11    | Sat - Tues | Nevada State Meet                  | Henderson, Nv                 | Coach Budgeted    |
| 11/21 - 11/23 | Fri - Sun  | BY TYR Thanksgiving Invitational   | West Y, Boise, Id             | Coach Budgeted    |
| 12/6 - 12/7   | Sat - Sun  | Reindeer Games                     | Howard RC, Nampa, ID          | No Coach Budgeted |
| 12/13/2025    | Sat        | Voltage Holiday Classic            | Wes Deist AC, Idaho Falls, ID | No Coach Budgeted |
| 12/13 - 12/14 | Sat - Sun  | BY Candy Cane Invitational         | West Y, Boise, Id             | Coach Budgeted    |
| 1/10 - 1/11   | Sat - Sun  | Nampa Qualifier                    | Howard RC, Nampa, ID          | No Coach Budgeted |
| 1/16 - 1/18   | Fri - Sun  | Sawtooth Winter Invitational       | ICAC, Boise, ID               | No Coach Budgeted |
| 1/24 - 1/25   | Sat - Sun  | BY Winter Invitational             | West Y, Boise, Id             | No Coach Budgeted |
| 1/31 - 2/1    | Sat - Sun  | Caldwell Cabin Fever               | C of Idaho                    | No Coach Budgeted |
| 2/13 - 2/15   | Fri - Sun  | SRS Winter Champs                  | West Y, Boise, Id             | Coach Budgeted    |
| 3/7/2025      | Saturday   | Lucky Duck                         | ISU, Pocatello, ID            | No Coach Budgeted |
| 3/14/2025     | Saturday   | Shamrock Invite                    | West Y, Boise, Id             | No Coach Budgeted |
| 3/21/2025     | Sat        | Pot O Gold                         | NGM Rec Center, Elko, Nv      | Coach Budgeted    |
| 4/4 - 4/5     | Sat - Sun  | April Pools                        | Howard RC, Nampa, ID          | No Coach Budgeted |
| 4/25 - 4/26   | Sat - Sun  | Voltage IM Xtreme Challenge        | Wes Deist AC, Idaho Falls, ID | No Coach Budgeted |
| 4/25/2025     | Saturday   | Spring Fever Pentathlon            | C of Idaho                    | No Coach Budgeted |
| 5/15 - 5/17   | Sat - Sun  | Spring Fling LC Invitational       | West Y, Boise, Id             | Coach Budgeted    |
| 5/30 - 6/1    | Sat - Sun  | Sawtooth Summer Invitational       | ICAC, Boise, ID               | No Coach Budgeted |
| 6/13 - 6/14   | Sat - Sun  | Summer Classic LC                  | TF City Pool, Twin Falls, Id  | Coach Budgeted    |
| 6/20 - 6/21   | Sat - Sun  | High Altitude Invitational         | NGM Rec Center, Elko, Nv      | Coach Budgeted    |
| 6/26 - 6/28   | Sat - Sun  | BY Open Invitational               | West Y, Boise, Id             | No Coach Budgeted |
| 7/11/2025     | Saturday   | Mashed Potato Dash                 | Wes Deist AC, Idaho Falls, ID | No Coach Budgeted |
| 7/11 - 7/12   | Sat - Sun  | Treasure Valley Last Chance Invite | West Y, Boise, Id             | No Coach Budgeted |
| 7/24 - 7/26   | Fri - Sun  | SRS Summer Champs                  | ICAC, Boise, ID               | Coach Budgeted    |



# Team Tee Shirts

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- 💧 NGM has generously donated money for us to make new tee shirts for our team!
  - 💧 We are calling for designs from our swimmers
  - 💧 A digital design must be submitted by September 30
  - 💧 The official Elko Anacondas logo must be present in the design
  - 💧 Email designs to [mthompsonswim20@gmail.com](mailto:mthompsonswim20@gmail.com)
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# SafeSport



 [www.usaswimming.org](http://www.usaswimming.org)



[EVENTS & TICKETS](#) [FIND A SWIM TEAM & LESSONS](#) [SWIM SHOP](#) [Welcome Belinda](#) [Shopping Cart](#) [Settings](#) [Logout](#)

[Members](#) [Education](#) [Club](#) [Competition](#) [Help](#)



## Welcome to USA

### Education

[Course Catalog](#)  
[Club Certification Purchase](#)

**User:** Belinda Worthy  
**Roles:** Parent, Member

[VIEW TRANSCRIPT](#)

[VIEW CERTIFICATIONS](#)



All



Coaches



**Safe  
Sport**



Officials



Athletes



Parents /  
Volunteers

Optional Safe Sport



# SafeSport





**SAFESPORT  
PARENT'S  
GUIDE  
TO MISCONDUCT  
IN SPORT**

**Parents Guide to Misconduct in Sport**

⚠ **Due for Renewal**  
⌚ **Expires on 03/16/2025**

This course educates parents on recognizing, responding to, and preventing abuse and misconduct in their child's sport setting.

[VIEW INFO](#)



**SAFESPORT  
FOR YOUTH  
ATHLETES**

**SafeSport For Youth Athletes (13-17)**

This course covers bullying and hazing, supporting friends who have experienced sexual abuse or misconduct, and resources.

[VIEW INFO](#)



**SAFESPORT  
FOR KIDS**

**SafeSport for Kids**

This course educates young athletes ages 5–12 about the difference between discipline and abuse.

[VIEW INFO](#)



# Methods of Communication

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💧 Please download and join your respective Remind classes

💧 Remind Codes

💧 Copper - @f267bg

💧 Bronze - @k83996

💧 Silver - @cgh7ek

💧 Gold - @haeab9



# Team Swag



[www.swimoutlet.com](http://www.swimoutlet.com)

The screenshot shows the SwimOutlet.com website interface. At the top, there is a search bar with the text "Search 500+ Trusted Brands" and a magnifying glass icon. Below the search bar is a navigation menu with links: Activity, Swimwear, Rash Guards, Wetsuits, Swim Gear, Clothing, Lifeguard, Facility, Sale, New, Brands, and Teams (highlighted in yellow). The main content area has a dark blue background with the heading "Find Your Team" and the subtext "Your Team. Your Logo. Your Gear." Below this is a "Watch Demo Video" button. A search bar contains the text "elko anacondas" and a "City, State, or Zip" field. Below the search bar are two dropdown menus: "Sort By Distance" and "Team Type (All)". The search results show a team listing for "Elko Anaconda's Swim Team" with the location "USA Swimming, Spring Cree, NV". To the right of the search results is a circular image of a group of swimmers. At the bottom of the page, there are logos for "Waves", "Elko Anacondas", and "GK".

# Team Swag

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💧 Suits ranging from approx. \$30-\$70 (excluding tech suits)



# Team Swag



- 💧 Not just suits
- 💧 Watch for sales
- 💧 Available year round



Elko Swim Team White - SwimOutlet Unisex Cotton Crew Neck T-Shirt  
\$16.99 ~~\$18.99~~  
★★★★☆ (24)

ADD



Elko Swim Team blue - SwimOutlet Women's Cotton Missy Fit T-Shirt  
\$16.99 ~~\$18.99~~  
★★★★☆ (3)

ADD



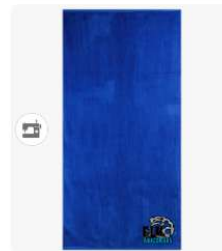
Elko Swim Team gray - SwimOutlet Women's Cotton Missy Fit T-Shirt  
\$16.99 ~~\$18.99~~  
★★★★☆ (3)

ADD



Elko Swim Team White - SwimOutlet Women's Cotton Missy Fit T-Shirt  
\$16.99 ~~\$18.99~~  
★★★★☆ (3)

ADD





# Team Swag

- 💧 Personalize items at Smirks Screen Printing and Embroidery, 510 River St, Elko
- 💧 Purchasing other items? Select your team
  - 💧 These funds used to buy team supplies

Add \$41.50 to your order for FREE Shipping! (US only)

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### Order Summary

Subtotal (1 Item): **\$7.50**

Shipping & taxes calculated at checkout

Select a team to give 1% back! ⓘ

Select Team

None

Elko Anaconda's Swim Team

**PROCEED TO SECURE CHECKOUT**

250K+ 5-Star Reviews

Fast & Easy Returns



# Expectations at Practice

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- 💧 Swimmers show up on time and ready to swim
  - 💧 Suit, goggles, water, cap
- 💧 Swimmers respect the coaches and follow direction
- 💧 Show respect for pool administrators and lifeguard staff
- 💧 **Parents who wish to be on deck during practice must be able to show proof of Safe Sport completion**
- 💧 Don't forget to say hi to Nikki and Mandiee and thank them for all they do for our team

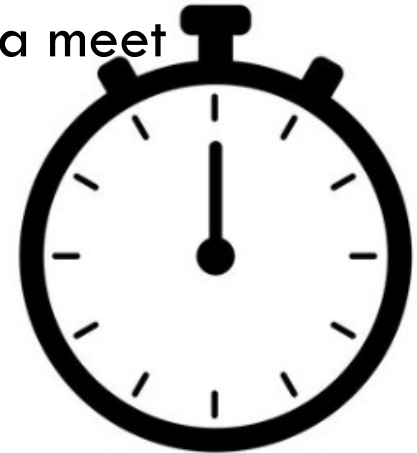




# Time Trials

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- 💧 **Unofficial** time trials
- 💧 Establish benchmark times for swimmers to track progress
- 💧 A chance for parents to see their swimmers in action
- 💧 Simulate meet atmosphere
- 💧 Parents can learn how to time outside of pressure of a meet
- 💧 Volunteer hour opportunity





# King of the Hill

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- 💧 If your swimmer is competing in this meet, please print out their events and provide to your coach
- 💧 Coaches do not have access to view events for which your swimmer is registered



# What to Expect at Meets

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- 💧 Will there always be a coach? Not always
  - 💧 Require 10 swimmers or more to send a coach
  - 💧 Currently plan for coaches at:
    - King of the Hill
    - Nevada State Meet
    - Winter Champs
    - Pot O Gold
    - Spring Fling
    - High Altitude
    - Summer Champs
    - If 10 or more swimmers sign up for any other meet, a coach will be provided



# What to Expect at Meets

💧 Invite document will be linked on Team Unify under Event Details

The screenshot displays the Team Unify web application interface. On the left is a dark sidebar with navigation links: 'Hello, James Sholly', 'USAS Safe Sport', 'Product Updates', 'My Account', 'Calendar', 'Org Tools', 'Classes', 'Events & Competition', and 'Help & Training'. The main content area is titled 'Team Events' and shows a list of upcoming events. A modal window titled 'Event Details' is open, showing information for the 'Koudelka Memorial-Nampa' event. The modal includes sections for 'EVENT INFORMATION', 'MEET EVENT INFORMATION', 'DESCRIPTION', and 'FORMS / DOCUMENTS'. The 'FORMS / DOCUMENTS' section contains a link to 'Koudelka 2024 Invite.pdf', which is circled in red. The modal also includes an 'Edit Commitment' button and a 'Close' button.

**Event Details** [Edit Commitment](#)

**Koudelka Memorial-Nampa**  
Oct 12, 2024 - Oct 13, 2024 | [Nampa Recreation Center, 131 Constitution Way, Nampa, ID 83686, USA](#)

**EVENT INFORMATION**  
Event Location: **Nampa Recreation Center, 131 Constitution Way, Nampa, ID 83686, USA**  
Start Date Time: **Oct 12, 2024 00:00 AM** End Date Time: **Oct 13, 2024 00:00 AM** Registration Deadline: **Oct 01, 2024**  
Job Signup Deadline:

**MEET EVENT INFORMATION**  
Course Type: **YO** Meet Type: [View Meet Events](#)  
Enforce Entry Based on **[Qualifying Times]** **No** Restrict Entry **[Best Time]** to Same **[Meet Type]**: **No** Meet Declaration Setting: **Commit by Event**  
Allow Course Conversion for Relays: **No** Maximum Event Entry Limitations: [View / Edit](#)  
If Swimmer Qualifies for Non-Conforming Course, Default **[Entry Time]** to the Min. **[Qualifying Time]** **No**

**DESCRIPTION**  
This meet is a great starter meet, held in Nampa, Idaho. Please see the meet invite for details!

**FORMS / DOCUMENTS**  
[Koudelka 2024 Invite.pdf](#)

[Close](#)



# What to Expect at Meets

- 💧 Check for schedule details – warm up times and meet start times
- 💧 Depending on meet size there may be a morning and afternoon session – will be broken out by age division
- 💧 We typically share a lane for warm up as we are a smaller team – Can check with another coach or official at the met for warm up lane assignment if no EST coach present

## SCHEDULE:

| Warm-Up Date | Who    | Time          | Meet Starts |
|--------------|--------|---------------|-------------|
| Saturday     | 13 & O | 7:30am-8:00am | 8:45pm      |
|              | 12 & U | 8:00am-8:30am |             |
| Sunday       | 13 & O | 7:30am-8:00am | 8:45am      |
|              | 12 & U | 8:00am-8:30am |             |



# Does the Meet Have Finals Races

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## 💧 What is a Finals Race?

- 💧 Usually, top 8 swimmers from an event earlier in the day are invited back to swim finals
- 💧 Usually, happen at the end of the day when all preliminary events are completed

## 💧 Meets titled as Championships are likely to have Finals

- 💧 Nevada State
- 💧 Winter Champs
- 💧 Summer Champs



# Qualifying Times

- Some meets require qualifying times – Updates can be found on our website

ELKO ANACONDAS

HOME SAFE SPORT/MAAPP CALENDAR ANNOUNCEMENTS SWIM GROUPS INFORMATION/FORMS LINKS POOL

USA SWIMMING

Listed below you will find information about the Elko Swim Team, including meet schedules.  
If you have further questions please email: [elkoswimteam@gmail.com](mailto:elkoswimteam@gmail.com).

- » Motivational Times 2021-2024
- » High School Athletic Lettering Criteria
- » Scholarship Application
- » New Swimmer Meet Information
- » Parent's Guide to Misconduct in Sports - SafeSport certification instructions
- » Athlete Code of Conduct
- » 2024 Board Member Contact List
- » 2024 Western Zone Senior Qualifying Times
- » 2024 - 2025 Meet Schedule
- » 2024 Nevada State Qualifying Times
- » EST By-Laws revised May 2016
- » Senior Scholarship Application
- » Parent Packet
- » Swimmer Goal Sheet
- » Heat Sheet Sponsorship Document
- » Parent Code of Conduct
- » 2024 Western Age Group Zones Qual Times
- » Summer Champ Qualifying Times
- » Resignation Form

Helpful info  
on what to  
bring



# Time Standards

- How to read the qualifying times
- Must have achieved times at a qualifying meet, time trials will not count as official times

## 8 & Under

- No time standard
- Do need a time in an event to swim. If want to swim 10 & under events must have the qualifying time.
- NT will not be accepted

Age group, usually defined as the swimmer's age on the first day of the meet

| Girls   |         | 9/10       | Boys    |         |
|---------|---------|------------|---------|---------|
| Yard    | LCM     |            | Yard    | LCM     |
| 41.99   | 47.99   | 50 Free    | 41.99   | 47.99   |
| 1:35.99 | 1:47.99 | 100 Free   | 1:35.99 | 1:47.99 |
| 3:38.99 | 4:05.99 | 200 Free   | 3:38.99 | 4:05.99 |
| 50.99   | 58.99   | 50 Back    | 50.99   | 58.99   |
| 1:47.99 | 2:05.99 | 100 Back   | 1:47.99 | 2:05.99 |
| 56.99   | 1:03.99 | 50 Breast  | 56.99   | 1:03.99 |
| 2:04.99 | 2:20.99 | 100 Breast | 2:04.99 | 2:20.99 |
| 50.99   | 56.99   | 50 Fly     | 50.99   | 56.99   |
| 1:59.99 | 2:15.99 | 100 Fly    | 1:59.99 | 2:15.99 |
| 1:48.99 | NA      | 100 IM     | 1:48.99 | NA      |
| 3:58.99 | 4:29.99 | 200 IM     | 3:58.99 | 4:29.99 |

Long course  
Meters





# Where to Find Your Swimmer's Times

💧 <https://www.gomotionapp.com/team/srest/controlle/r/cms/admin/index?team=srest#/meet-results>

💧 When swimming in Snake River events, qualifying times are already populated when you register

💧 Other LSC meet sheets don't always talk to our system King of the Hill is an example of this

| Athlete Name | Event                     | Trial | Prelim   | Finals   | Pot | Ph    | Event Age Current | Date of Sport | Meet                              |
|--------------|---------------------------|-------|----------|----------|-----|-------|-------------------|---------------|-----------------------------------|
|              | Female (13-14) 100 Breast |       | 1:37.51L |          |     |       | 14                | 7/21/24       | 2024 SRS Summer Championships     |
|              | Female (13-14) 200 Back   |       | 2:47.28L | 2:46.27L | 2   | 7.00  | 14                | 7/21/24       | 2024 SRS Summer Championships     |
|              | Mixed (Open) 50 Free      |       |          | 31.71L   | 1   |       | 14                | 7/20/24       | 2024 SRS Summer Championships     |
|              | Female (13-14) 50 Free    |       | 32.81L   |          |     |       | 14                | 7/20/24       | 2024 SRS Summer Championships     |
|              | Female (13-14) 100 Back   |       | 1:19.03L | 1:16.83L | 3   | 6.00  | 14                | 7/20/24       | 2024 SRS Summer Championships     |
|              | Female (13-14) 100 Free   |       | 1:11.11L |          |     |       | 14                | 7/19/24       | 2024 SRS Summer Championships     |
|              | Female (13-14) 100 IM     |       | 2:53.24L | 2:49.57L | 3   | 6.00  | 14                | 7/19/24       | 2024 SRS Summer Championships     |
|              | Female (13-14) 100 Free   |       |          | 1:10.08L | 5   | 4.00  | 14                | 5/19/24       | 2024 BY Spring Fling Invitational |
|              | Female (13-14) 100 IM     |       |          | 2:53.40L | 5   | 4.00  | 14                | 5/19/24       | 2024 BY Spring Fling Invitational |
|              | Female (13-14) 100 Back   |       |          | 2:46.78L | 1   | 9.00  | 14                | 5/19/24       | 2024 BY Spring Fling Invitational |
|              | Female (13-14) 50 Free    |       |          | 32.28L   | 11  |       | 14                | 5/18/24       | 2024 BY Spring Fling Invitational |
|              | Female (13-14) 100 Back   |       |          | 1:18.66L | 2   | 7.00  | 14                | 5/18/24       | 2024 BY Spring Fling Invitational |
|              | Female (13-14) 50 Fly     |       |          | 36.44L   | 2   | 7.00  | 14                | 5/18/24       | 2024 BY Spring Fling Invitational |
|              | Female (13-14) 50 Free    |       |          | 29.57Y   | 1   | 13.00 | 14                | 3/16/24       | 2024 Pot O Gold                   |
|              | Female (13-14) 100 Back   |       |          | 1:09.18Y | 1   | 13.00 | 14                | 3/16/24       | 2024 Pot O Gold                   |
|              | Female (13-14) 100 Fly    |       |          | 1:20.14Y | 1   | 13.00 | 14                | 3/16/24       | 2024 Pot O Gold                   |
|              | Female (13-14) 200 IM     |       |          | 2:40.33Y | 1   | 13.00 | 14                | 3/16/24       | 2024 Pot O Gold                   |
|              | Female (13-14) 100 Back   |       |          | 1:10.70Y |     |       | 13                | 11/12/23      | 2023 NV State SC Championship     |
|              | Female (13-14) 100 Free   |       |          | 1:04.34Y |     |       | 13                | 11/11/23      | 2023 NV State SC Championship     |



# Handy Tools for Meets

- 💧 Print out qualifying times your swimmer is trying to meet
- 💧 Heat sheets – usually pasted on the wall, sometimes emailed ahead of the meet, sometimes for sale at the meet
- 💧 Use of Meet Mobile – **Times are unofficial**
- 💧 App does charge an annual fee
- 💧 Provides an approximate time for each event at the meet
- 💧 Tracks swimmers' time, placement and comparison to previous times in that event

| SWIMMER       |                                                                                                                      |
|---------------|----------------------------------------------------------------------------------------------------------------------|
| POINTS<br>19  | EST-SR   14                                                                                                          |
| Full schedule |                                                                                                                      |
| EVENT<br>5    | Girls 13-14 100 Meter Free<br>Prelims   13-14   Completed<br>1:11.11   Place: 11                                     |
| EVENT<br>35   | Girls 13-14 200 Meter IM<br>Prelims   13-14   Completed<br>2:53.24   Place: 4<br>Qualified. Time improvement: - 0.16 |
| EVENT<br>35   | Girls 13-14 200 Meter IM<br>Finals   13-14   Completed<br>2:49.57   Place: 3<br>Time improvement: - 3.83             |
| EVENT<br>53   | Girls 13-14 50 Meter Free<br>Prelims   13-14   Completed<br>32.81   Place: 15                                        |
| EVENT<br>77   | Girls 13-14 100 Meter Back<br>Prelims   13-14   Completed<br>1:19.03   Place: 3<br>Qualified.                        |
| EVENT<br>77   | Girls 13-14 100 Meter Back<br>Finals   13-14   Completed<br>1:16.83   Place: 3                                       |



# No Coach in Attendance

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- 💧 Double check event details for warm up and event schedule
- 💧 Warm Up lane assignments usually communicated before meet
  - 💧 Watch for Remind updates prior to meet



# Closing

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- 💧 Register and Safe Sport
- 💧 Sign and Return Code of Conduct – Complete after the meeting
- 💧 Sign up for Remind to stay up to date with communication
- 💧 Team Swag

