

GENERAL MEET INFORMATION

Streamliner Aquatics has different requirements for each practice group. Please check the group requirements for details. New swimmers should consult with their coach before signing up for a swim meet.

Type of Meets:

There are two types of United States Swimming (USS) meets within our area:

- One that has **NO** qualifying time standards (QTS).
- One with **QUALIFYING TIME STANDARDS** which can be found on the team website, www.teamunify.com under the “times” tab.

Seasons:

There are two seasons within the competitive swim year:

- A short course season during which meets are held in a short-course, 25-yard (SCY) pool. This season typically runs from September to April.
- A long course season during which meets are held in a long-course, 50-meter (LCM) pool. The season typically runs from May to August.

Championships:

Snake River LSC (Local Swim Committee) has two **championship*** meets every year.

- Short Course Championship meet is held annually in either February or March.
- Long Course Championship meet is held annually in July

*These meets have qualifying time standards for all events with exception of the 25 & 50 events. To swim 25 & 50 in these meets you must have a time in the USAS database. Championship meets are **mandatory** for all Silver, Gold, and Senior group swimmers. Please arrange your vacation time accordingly.

Swimmer Registration (USA Number):

Every swimmer who participates in a USA swim team program or competes in a sanctioned USA swim meet **must be a registered member of USA Swimming** and have a registration number.

Entry fees:

Meet fees are typically \$30 to \$40 depending on the meet (always read the meet information sheet). All meet fees are paid by the team to the meet host and billed to your team account. **There will be no refund for the entry fee after the registration deadline.** You will be responsible for the meet fee if you withdraw from or scratch the meet.

Meet Sheet/Meet Sign Up:

Always read the meet sheet carefully before you sign up and print out a copy for review. Swimmers are allowed to swim 2 to 4 events per day depending on the meet ENTRIES LIMIT. If you are not sure you are ready for an event, consult with your coach.

You can sign up for a meet when you receive the email notice or go directly to the team website and click on the “meets” tab. Declare your swimmer for the meet by clicking the **Attend/Decline** button. Please see the

detailed procedure of how to sign up for the meet on **YOUR FIRST SWIM MEET**. Your coach may change your chosen events and/or sign you up for a relay event.

Establishing Your USA Times:

Snake River Swimming only recognizes times achieved in sanctioned/approved USA swim meets. All times achieved in a USA meet will be reported to the Swims National Database. For Qualifying meets (Snake River Championship, NW Age Group Sectional, Senior Sectional), only times that are in the Swims National Database are eligible for entry. You must swim in meets to establish your entry times.

Time Trial:

Time trial events are available during certain meets and typically held at the end of a meet. Time trials provide swimmers an additional opportunity to obtain a better time in a particular event. Results are stored in the USAS database and can be used as a qualifying time in some meets. There is an additional fee for a time trial event; normally \$5 to \$10 per event and time trial events are included in the entries limit.

Swimming Age:

USA Swimmers swim at their current age. Your age is based on how old you are on the first day of each swim meet. When aging-up to the next age group, your best times stay with you.

PARENT TIMING RESPONSIBILITIES:

If your child is swimming at a meet you are **required** to fill a timing shift, as needed. This is a great opportunity to learn more about swimming and get to know more of the swimmers. Plus you get a great seat to watch events. You can sign up for a timing shift by clicking the “**job signup**” button on the “meets” page.

Swim Meet Policies:

- Arrive 15 minutes before warm-up (check the meet sheet and the time line for details)
- Swimmers need to wear team attire (team shirt, warm-ups, caps, suits, etc.)
- We will warm-up as a team at the assigned lane and time
- Swimmers must warm-down immediately after each race (even last race of the day)
- Swimmers need to check in with their coach before races and after warming down
- Do not scratch any events without talking to the coaches

General Meet Checklist

- Bring: 2 pairs of goggles, 2 caps, suits, towels, team warm-ups, and positive attitude
- Warm-up with the team
- Positive check-in may be required for distance events (500, 1000, 1650 freestyle)
- Do a good job in warm-up! Focus on technique and turns!
- Be the loudest one at the team cheer
- Eat healthy and drink plenty of water
- Stay warm or cool depending on the temperature
- Know your events
- Cheer for your teammates