


















**SWIM MEET HELPER 😊**

## BEFORE THE MEET

### WHAT TO BRING

-  TSM Swimsuit
-  TSM Caps (2)
-  Goggles (2 pairs)
-  Towels (1 per event + 1 for warm up)
-  Sunscreen
-  Folding chair
-  Water Bottle (very important to stay hydrated throughout the meet)
-  Food/ Easy to digest healthy snacks
-  Black or Blue Sharpie
-  Cash for snack bar
-  TSM Parka
-  Blanket for cold days
-  Warm socks
-  Warm boots (always keep your feet warm between events)
-  Something to do during downtime (book, cards, crossword)

## AT THE MEET

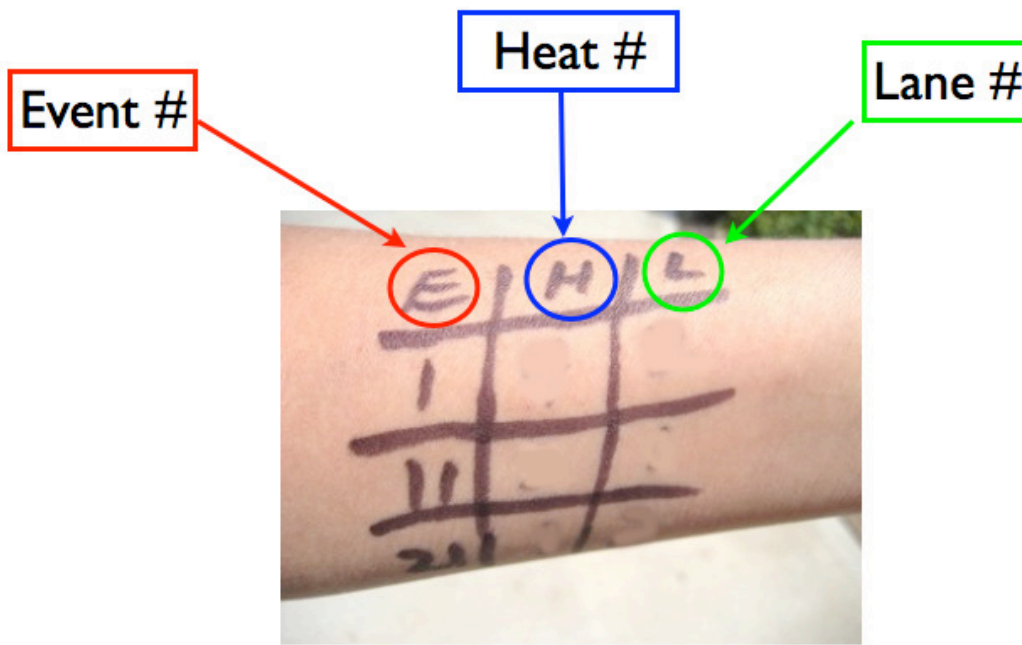
### UPON ARRIVAL



Be ON TIME!

Drop your chair and bag at the team tent

Go to the CHECK IN desk (write your events on your arm, see below)




Report to your coach for stretching & warm up

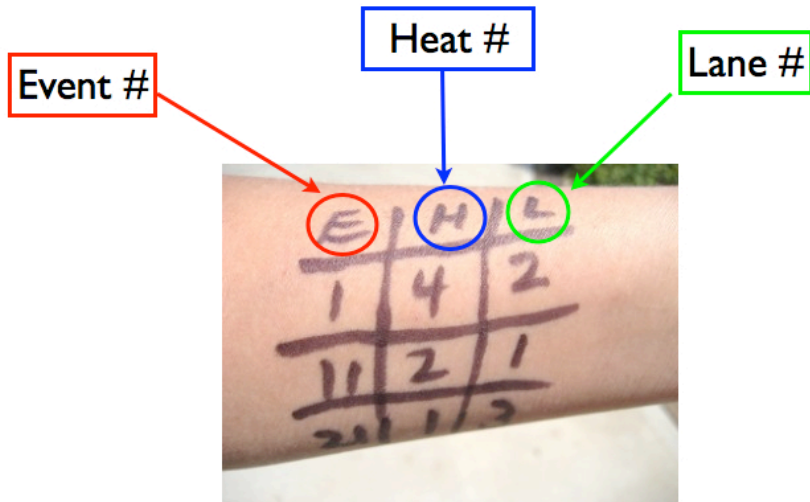
## BEFORE THE MEET STARTS

- Check the heat sheets (by gender) to get your Heat/Lane assignment before each race
- Events are usually posted 30 minutes ahead, you will need to check this board often.
- At the start of each session an event timeline will be posted in the same area as the heat sheets this will help you plan your day and make sure you get where you need to be at the correct time.
- There is a very handy app called Meet Mobile that will post results almost live. Ask the information desk to help you if needed.

## AT THE MEET


### BEFORE EVENT


-  4 events before yours, check the heat sheet and add the Heat and Lane to your Event on your arm with a sharpie








The above grid show this swimmer is in event #1, heat #4 and in lane #2

Their next event will be event #11, heat # 2 and lane # 1

-  Then check in with your coach and give him/her your heat and lane. This is mandatory. Parents are not allowed in the coaching area or behind the block unless they are timing

-  You must check in with the timer in your lane a few minutes before your heat. So you will be standing by when your heat is called to the blocks.

### AFTER EACH RACE

-  Report to your coach
-  Check the posting board again to get your Heat/Lane assignment for your next
-  4 events before yours, check in with your coach and give him your Heat & Lane
-  Look for results about 20 to 30 minutes after your race
-  If you miss a race go to your coach immediately, NOT your parent

# AT THE MEET

## READING A HEAT SHEET

### What is a Heat Sheet?

This is the printed listing displayed before and during a meet that tells swimmers what events they will compete in. It also defines the swimmer's lane assignment per event. Lanes are typically assigned based on seed times, with the fastest swimmers in the center of the pool. Events are listed in order usually alternating girls and boys events.

Sample Individual Event from a Heat Sheet:

| Event number | Event 21 Girls 6 & Under 25 SC Meter Freestyle |                     |     |         |           |
|--------------|--|---------------------|-----|---------|-----------|
| Heat number  | Lane   | Name                | Age | Team    | Seed Time |
|              | Heat 1 Finals                                  |                     |     |         |           |
|              | 1  | Nolasco, Katy       | 6   | LAKY-OH | NT        |
|              | 2  | Reed, Abbie         | 5   | LAN-OH  | NT        |
|              | 3  | Glossner, Gabrielle | 5   | LAKY-OH | 39.43     |
| Lane number  | 4  | Carlin, Emilee      | 5   | LAN-OH  | NT        |
|              | 5  | Yanzsa, Sarah       | 6   | LAKY-OH | 36.28     |
|              | 6  | Charles,, Cecilia   | 6   | LAN-OH  | NT        |
|              | Heat 2 Finals                                  |                     |     |         |           |
|              | 1  | Maushart, Jaelyn    | 6   | LAKY-OH | 31.59     |
|              | 2  | James, Audrey       | 5   | LAN-OH  | NT        |
|              | 3  | Downs, Abigail      | 6   | LAKY-OH | 26.75     |
|              | 4  | Miller, Anna        | 5   | LAN-OH  | NT        |
|              | 5  | Decker, Isabelle    | 5   | LAKY-OH | 26.37     |
|              | 6  | Schueler, Delaney   | 6   | LAN-OH  | NT        |

No time on record

### Important Terms:

**Seed time** is the fastest time a swimmer or team of swimmers has swum an event prior to the submission of entries for the meet. For individuals, this is the time entered for the swimmer for the event, and is a good goal to try to beat. It also factors into lane placement and heat number.

An “NT” listed for seed time means no seed time has yet been recorded for that swimmer, i.e. that swimmer has not competed in that event, or was disqualified during the event.

**Note: Individual Medleys** are swum in order:

1) Butterfly, 2) Backstroke, 3) Breaststroke, 4) Freestyle.

It's important for swimmers to know the order, because any other order will result in a “DQ” or disqualification.

## POOL VOCABULARY



DECK – The area that surrounds the pool



BLOCKS – The platform you step on to dive



LANES – Each lane is designated by a number. Typically 1-8.



HEATS – Depending on the number of swimmers, an event will often have multiple heats. A heat is the group/round of swimmers swimming that particular event.



EVENTS – They are listed by # and spell out the gender, age, distance and stroke you will swim. The official will call for swimmers to line up for “Event #xx”



25 STAGING – The designated area where you will bring all swimmers that have 25 yards events. Arrive EARLY for this as the heats go very fast.



DQ – Short for DisQualified. An official noted a technical error in your race. Talk to your coach. (If you get DQ'd it is a learning experience to help you improve. All swimmers at all levels have been DQ'd)



SCY – Short Course Yards (25)  
LCM – Long Course Meters (50)

# HOW TO BE A TIMER

## GET THE BEST SEAT IN THE HOUSE



Be in your chair 5 minutes early. You get your chair assignment from your sign up online (make a note of it then).



There are either going to be 2 or 3 chairs per lane. One person will handle stop watch, one person will handle the swimmers staging and the clip board to record the swimmers time. All people in chairs will handle the plunger/pickle (a simple pushbutton at the end of a cable connected to the electronic timing system).



Raise your hand to signal the head timer if you missed the start. He or she will come to you and replace your watch with a running one you will use to record the final touch with.



If you are handling the stop watch, at the start, focus on the strobe light and start your watch on that signal, rather than starting on sound.



Be at the edge of the pool when your swimmer approaches the finish. You must be looking down over the edge to see an underwater touch. Expect to get wet! Stop your watch and/or button when any part of the swimmer's body touches the wall .



Times should always be recorded to the hundredths of a second (two decimal places), and in the same order for each heat. If there is no one in the lane, record "No Swimmer" as N/S.



Keep the swimmers behind the chairs, unless they are entering or exiting the pool. The touchpads are sensitive and will record if the swimmers stand on the edge.



**No one is allowed to take pictures or film behind the blocks or in the swimmers area.**

