



SWIM MEET FAQ

How do I sign up for a meet?

All of our meets are listed on our [CCA Marlins homepage](#). You can declare your swimmer for a meet at any time. Meet entries close about 2 weeks before the meet. To declare for a meet, click on edit commitment and click attend or decline. You may pick your child's events, or you can have coaches pick them, but final decisions on entries are up to your swimmer's coach.

How do I find information about swim meets?

The meet invitation is posted under the same meet link on our [CCA Marlins homepage](#). Please read the entire meet invite. Most of the questions you will have about a meet are located there (warm-up times, order of events, entry fee, cost per event, etc.). Coaches will also send an email a few days prior to the meet with details on warm-ups and the meet timeline.

How long do meets last and do we need to attend the whole meet?

Swim meets usually last 2 or 3 days and are divided into two or three sessions each day: 12 and under, 13 and over, and finals (not all meets have finals). A typical swim meet session lasts 3-4 hours. Your child is not required to swim every day if you choose not to.

How do I volunteer at a meet?

For meets that we host, there will be a link to volunteer listed under the meet on the website. We always need volunteers for team-hosted meets (please note that some of our team-hosted meets are in Christiansburg). Team-hosted meets are a huge fundraiser for our team and keep us in good standing with Virginia Swimming. We need volunteers to be timers, runners, clerk of course, marshals, announcers, and hospitality. We also always need trained stroke and turn judges. Volunteering allows you to be on deck with your swimmer.

How do I get a hotel room?

We have a parent volunteer who does her best to book affordable hotel rooms for our team in desirable locations. The rooms are first come, first serve. The team block often closes several weeks before the meet so please book your room ASAP. You are not required to stay at the team hotel. You can find the hotel information on our website with the meet information.

What should my child bring to a swim meet?

Swimmers should arrive 15 minutes before warm-ups and wear their competition suits to the swim meet. Swimmers should pack an extra swimsuit to every meet. They should also have two pairs of goggles, swim cap, at least two towels, light snack foods (not sugary), and clothing to keep them warm. Label everything with your child's name on it, especially team t-shirts. Coaches will send out an email before the meet telling what team t-shirt to wear each day.

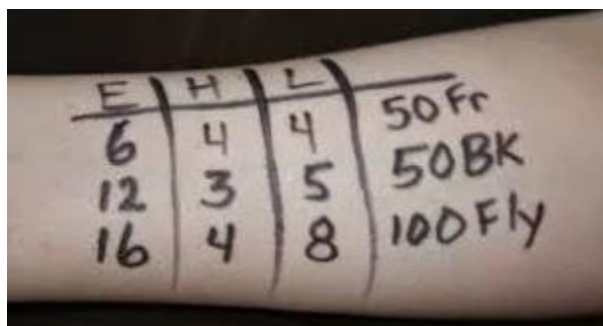
Where do we sit at a swim meet?

Swimmers will sit together as a team on deck or in an adjacent space like a gymnasium. Parents are not allowed on the pool deck unless you are volunteering. We also ask that kids do not go up in the stands and sit with their parents. It is very difficult and stressful to locate swimmers for events during a meet if they are not sitting with our team. They can go up and say a quick hello, but they need to let a coach know if they are leaving the team area.

How do I mark my swimmer's arm for a swim meet?

Please write your swimmer's events/heat/lane on his/her arm before arriving at the meet. Use a sharpie or waterproof marker to write the event, heat, and lane on your child's arm before the meet.

E = Event, H = Heat, L = Lane



What is a psych sheet?

A few days before a meet, the host team will send a psych sheet to all the participating teams. The psych sheet is also posted on the host team's website. A psych sheet will list which swimmers are entered in each event with entry times (aka seed times), ranked fastest to slowest. Please look over the psych sheet and make sure your swimmer is entered in the correct events. If you see an error (ie. your swimmer isn't in an event he/she signed up for or have an incorrect time) please email a coach.

What is a heat sheet?

A heat sheet will be finalized a few days after the psych sheet, usually the day before the meet begins. Most heat sheets are sent out via email for you to print out at home (some heat sheets available via Meet Mobile). The heat sheets are also posted on the host team's website. The heat sheets show you what events, heats, and lanes your child will be in. Once the heat sheet is final, it is more difficult to enter your swimmer in the meet. Some meets allow deck entries, where swimmers can be placed in an event the day of the meet, if a lane is available (check the meet invite for this information).

What is Meet Mobile?

Meet Mobile is an app for your phone that has each swim meet's information on it. It is a very valuable tool and you should download it before your child's first meet. You can search your child's name and it will show you the events he/she is entered in and the heat/lanes for each event. The meet results are also posted on Meet Mobile. Please note that Meet Mobile is not always 100% accurate and the results posted on the app aren't necessarily the final results. The most accurate final results are posted at pool. The cost is \$9.99 per year.

What happens if my child misses their event?

If your child misses their event, a coach will check with the meet referee to see if another lane is available for them to swim in. Lanes are not always available so it is a case-by-case basis. If the event is already over, then it is unlikely they will be able to swim. Swimmers who miss events in championship meets will not be able to swim that event. Swimmers who miss an event at finals may be disqualified from the rest of the meet.

What is the difference between a championship meet and a regular swim meet?

Championship meets have prelims and finals. Swimmers also score points for team awards and individual awards. Some championship meets have time cuts that a swimmer must have in order to swim in the meet.

What are meet finals and does my swimmer have to stay for them?

Some meets we attend are timed finals, which is when the swimmers swim their events one time (like City/County). Championship meets have finals, where the top 8, 16, or 24 swimmers (depending on the meet) with the fastest times from the morning session return in the evening to swim the event again. Sometimes the relays are swum in finals so relay swimmers must come back in the evening as well. We STRONGLY encourage swimmers to come back if they make finals. More often than not, a swimmer will swim even faster in the evening finals session (there is no additional cost to swim in finals). Furthermore, it is an honor to make finals. We also like for swimmers who do not make finals to come back and cheer for their teammates.

It is very important to note that if your child cannot come back for finals, they MUST tell a coach and scratch themselves from finals. Most Championship meets have a 30-minute window to scratch after finals are announced. All scratches MUST be completed before this window closes in order to remain eligible for the meet. A no-show at finals usually results in a swimmer being disqualified from the rest of the meet.

When will my child get ribbons?

Not all meets have ribbons. Often, the top 8 or top 16 swimmers in each age group category get ribbons or sometimes medals (check the meet invite). The meets we attend do not have participation ribbons. We will distribute ribbons at practice after the meet. We usually pick up the ribbons at the conclusion of the meet, but sometimes they are mailed to us afterwards.

How do you pick relays?

The relays are based on seed times before the meet begins. Sometimes we will wait until after a certain event (i.e. 50 free, 100 free) to put swimmers in relays. If your swimmer enters a meet late, then he or she may not be in a relay (even if they are faster than a swimmer already on one) because other swimmers were looking forward to being on one. Please check with a coach before leaving a meet to make sure your child is not on a relay. Sometimes things change at the last minute and we may need your child for a relay.

What is a kneeskin and should my child get one?

Kneeskins are “fast suits” that are used for championship meets. They are more expensive than regular competition swimsuits. Your child should check with a coach before buying one. Swimmers are not allowed to wear kneeskins during some meets (you must check the meet invite to see if they are allowed). Also, 12 and under swimmers must purchase different kneeskins than 13 and over swimmers.