


SWIM MEET 101

Welcome to your FIRST meet as a Lynchburg
Aquatic Club Gator

GETTING READY FOR YOUR FIRST MEET

- Discuss which event you should enter with your coach
- Enter the meet @ lynchburgaquaticclub.org
- Discuss arrival times with your coach
 - *Typically arrive 10-15 minutes prior to the teams assigned warmup times*


NIGHT BEFORE A MEET

- ▶ *Pack a swim bag with goggles, team cap, towels and dry clothes*
 - ▶ *Pack a cooler (optional): there is usually concessions available at meets*
 - ▶ *Bring chairs and blankets*
 - ▶ *Get a good night's rest*
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MEET ARRIVAL: SWIMMERS

- *Write your event numbers on your hand or arm*
 - *Check in with your coach*
 - *Warm-up*
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- A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the blue background.


MEET ARRIVAL: PARENTS

- Locate team area and set up your stuff
 - Buy or borrow a program to find your swimmers event numbers
 - Support and encourage your swimmer!
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- A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the blue gradient background.


DURING THE MEET: SWIMMERS

- Stay warm / cool and dry
 - Meets in the winter can be very cold, make sure to bring blankets and jackets. Meets in the summer can be quite hot, drink a lot of water)
 - Listen for your event numbers
 - Officials will not hold the meet for you!
 - Check program for your lane assignment
 - Report to your coach two events prior to your event and after your swim
 - Report and check in with your timer behind your lane prior to your swim
 - Swim FAST!
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DURING THE MEET: PARENTS

- Try not to talk to officials during an event
 - Help your swimmers get ready for their event
 - Cheer for all Lynchburg Aquatic Club swimmers
 - Ask for help from another Lynchburg Aquatic Club parent if you need it
 - Enjoy the meet and your swimmer.
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FREQUENTLY ASKED QUESTIONS

- ▶ How do I know when the meets are?
 - ▶ You will get meet reminders when a meet is coming up. This email will come out 7 days before the registration deadline. You do not have to wait for an email to commit to any meet throughout the season. Coaches can help with meet recommendations for your swimmer or you can ask another Lynchburg Aquatic Club parent.
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FREQUENTLY ASKED QUESTIONS

▶ *Where are the meets?*

- ▶ *Meets are held throughout the state of Virginia, neighboring states and across the country. Lynchburg Aquatic Club often participates in meets in Charlottesville, Christiansburg, Lynchburg, Richmond, Roanoke, the Virginia Beach area and Saint Petersburg, Florida.*

FREQUENTLY ASKED QUESTIONS

▶ *How much does it cost?*

- ▶ *Each host team sets fees and it should be listed in the meet invite. Most meets have three standard fees. You pay these fees.*
 - ▶ *Per swimmer fee (between \$8-\$19)*
 - ▶ *Head tax fee (typically \$5)*
 - ▶ *Event fee (between \$3 - \$8 per event registered)*


FREQUENTLY ASKED QUESTIONS

- ▶ *Who is responsible for transportation?*
- ▶ *Each family is responsible for their own transportation to and from meets.*

FREQUENTLY ASKED QUESTIONS

- ▶ *What time are you supposed to be there?*
- ▶ *You want to get to the venue with enough time to find a “camping” site, change into swim gear, and check in with your coach and get to your warmup lane. 15 -20 minutes should leave enough time. Warmup times are decided upon once registration is closed by the host team; therefore, those times are not posted until a few days prior to the meet. Coaches may send out via email or post on their website.*

FREQUENTLY ASKED QUESTIONS

- ▶ *Why are warmups so early? Does it matter if my swimmer is there on time?*
 - ▶ *Swimmer do need to be there to stretch and have an opportunity to be in the pool in advance of the start of the meet. Please contact the coach if your swimmer will be late.*
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FREQUENTLY ASKED QUESTIONS

▶ *What happens during warmups?*

- ▶ *The swimmer will need to go to the pool area to find the coach. They will need to wear suit, cap, and goggles. The coach will take over from there. Warmups can range from 25 – 45 minutes depending on the venue and number of swimmers registered for the meet. Swimmers will return to their parents at the conclusion of warmups. They need to dry off and wear warm clothes that are easy to pull on over their suits. Sweats work well. Footwear is an important part of keeping warm. A swimmer may want to wear a stocking cap also. There can be anywhere from 15 minutes to an hour before the meet starts as a coach meeting, an officials meeting, and additional warmups may need to take place prior to the start of the meet.*

FREQUENTLY ASKED QUESTIONS

- ▶ *What does the swimmer need to have?*
- ▶ *Swimsuit, cap, goggles, towel, and spares. Footwear (sandals or shoes). Warm clothing to wear over suit between events. Clothing to change into after the meet. Lynchburg Aquatic Club caps and t-shirts show team spirit.*

FREQUENTLY ASKED QUESTIONS

▶ *What should I bring?*

- ▶ *Cooler for food from home if you like. Folding chairs, blankets or sleeping bag for swimmer or others who might want to take a nap. Something to read or do for between events. Money to buy a meet program (range between \$5 - \$20) and concessions. There typically is no ticket fee to get in.*

FREQUENTLY ASKED QUESTIONS

- ▶ *What should I expect to find at the swim meet?*
- ▶ *Each pool is a little different. Talk with parents who have been there before to hear how a particular meet is organized. Some pools have more seating available than others. None have enough for everyone to be by the pool area so there is always a camping area. That's where you will set up your chairs.*