How to Get Through a Swim Meet!

1. **Check In Table:**

\*Find Name on sheet and then circle your event numbers and write your initials next to your name. This is so the coaches know you are here and the “Computer Guy” can give you lanes and heats for your event

\*Write the event numbers on arm in Sharpie. This is so you can remember what you are swimming. The Check In Sheet tells what the event is (Stroke and distance). I t also tells the “Computer Guy” who is swimming what!

\*Check “Relays Sheet”, or Check In Sheet to see if you are in a relay. Let the Coaches know if there is a conflict, or if you have a question.

1. **How to know when you are swimming!**

\*Understanding the Clerk of the Course Event chart: this is the number chart that tells which event is being called to the Clerk of Course benches. It is near the white tent!

\*Coaches in the Seeding Area: Always go to the seeding benches if you have a question, or are worried!

\*Events in Progress Chart: located near the Starter!

 3. **What to do when it is time to swim!**

 \*Clerk of the Course Seeding benches: Go to the White tent

after you see, or hear your Event Number being called.

 \*Progressing to the Lanes from benches to behind the blocks.

 4. **Relays!**

\*Go to the White Tent when the relay events are called!

\*The “Rounder Uppers” will give your relay team a card that shows the names and the order you and your teammates will swim!

\*When you see or hear your relay event number, gather your relay team members and go to the Seeding Benches.

\*Move with your team from Seeding Benches to the right spots near the pool:

1. Swimmers in the 100 yard relays will be at opposite ends

 of the pool: Swimmers 1 and 3 dive from the block end

and swimmers 3 and 4 leave from the side from the

end opposite the blocks!

2. Swimmers in the 200 yard relays will all be at the block end of the pool!

\*\*\***Always good to bring to a swim meet**: Suit, Cap, Goggles, 2-3 Towels, Warm clothes, Shoes, SUNSCREEN, Water and a few Snacks\*\*\*