

Lake Country Swim Team Meet Entry

Meet Participation

1. Meet Schedule
 - a. Must Meets (swimmer participation is expected, families must opt out or swimmer MAY be entered by staff)
 - b. Qualification Meets (swimmer must meet time standards to enter)
 - c. Optional (swimmer may attend – will not be entered by staff)
 - d. Phoenix Conference Meet (all swimmers Age Group and Novice swimmers are assigned to a team – families may request teams for schedule conflicts)
 - e. State and Championship Meets (qualified swimmers are expected to participate in championship meets)
2. Fees – Event entries, relays and surcharges

On-Line Meet Entry Steps

1. Go to Current Events and select Meet
2. Print/Read Meet Information
 - a. Location, Date and Times (PM session starts estimated)
 - b. Eligibility (LAKE practice groups, time standards)
 - c. Awards, Fees
 - d. Order of Events, Entry Limits
3. Click on “Attend This Event”
 - a. Yes or No
 - b. Make Notes (day and time restrictions, why not attending)
 - c. Select Events or Coach’s Choice
 - i. Session
 - ii. Age/Gender Designation
 - iii. Distance and Stroke
 - iv. Qualifying Times
4. Save Changes before exiting and confirm entry before meet

Meet Details

1. Check E splash for specific meet information including updated starting times and any other important info from meet host. Check the host team’s meet page for additional information.
2. Heat Sheets are posted for printing for LAKE hosted meets (under Meet Info>Member Heat Sheets. They are available on-line or for purchase at other meets.
3. Relays are announced at Meet during pre-meet meeting. This meeting is after warm-up.
4. Results are posted in the meet venue and available on “Meet Mobile” app for most meets.
5. You may leave after your swimmer’s last event, but please have them check with the coach for any relay participation expectations later in the session.



LCST HELPFUL HINTS FOR MEETS

1. **ARRIVE:** Get to the meet at least 15 minutes before warm ups. Your swimmer should be already dressed to swim.
2. **PREPARE:** Obtain a Heat Sheet ("Program") from the admissions table

Event (E) → #37 Women 10 & Under 50 Yard Backstroke ← Stroke (S)

Heat (H) →

Lane(L) →

Top 16 Qualifiers Swim in Finals
MEET REC: 30.20 2010 Holly K Stoll
34.59 ZONE Central Zone

LaneName	Age	Team	Seed Time
Heat 1 of 11 Prelims Starts at 03:45 PM			
1 Cantrell, Scout	6	SCST-IL	NT
2 Zietlow, Emma	8	LAKE-WI	NT
3 Stemper, Syd E	8	LAKE-WI	56.82L
4 teDuits, Anna C	8	BAC-WI	1:01.65
5 Lawler, Mabel	9	EDI-MN	1:06.41
6 Cabush, Hanna	7	LAKE-WI	1:07.69L
7 Wolff, Haley N	8	LAKE-WI	NT
8 Wolff, Melanie	5	LAKE-WI	NT

3. **ORGANIZE:** Look for your swimmer's name in the Heat Sheet and Write the events on your swimmer's arm or hand

E	H	L	S
37	1	6	50 Back
41	2	8	50 Free
45	1	3	50 Fly

4. **COACHING:** Your swimmer should find their coach a few events before they swim and ask for some pre-race instructions and tips, and then they should go see their coach immediately after they race for post-race critique and congratulations.
5. **READY TO RACE:** Your swimmer should be behind the blocks 1 to 2 EVENTS before his/her event that he is racing. For example, if your swimmer is in event 30, he/she should line up in the proper lane by event 29.

***EVENT NUMBER CAN BE FOUND ON THE SCOREBOARD. YOUR SWIMMER SHOULD KEEP TRACK OF WHAT EVENT IS CURRENTLY IN THE WATER.

***AT ARROWHEAD, LANE NUMBERS ARE ON THE WALL BEHIND THE BLOCKS

6. **READY TO RACE:** In some meets, if your swimmer is 8 years old and under, he/she should go to Clerk of Course (row of folding chairs, usually set up somewhere on the pool deck) 2-3 events before their event. At Clerk of Course, they will take care of organizing your swimmer into their lane assignments and walk them to the blocks for their race.

REMEMBER TO: SWIM FAST AND HAVE FUN!