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# Grove City YMCA Manta Rays Swim Team Winter Season 24-25



Grove City YMCA  
3600 Discovery Dr.  
Grove City OH, 43123  
(614)871-9622

Manta Rays Swim Team

Parent & Swimmer Meeting: September 17th 6:00 pm

Practices Starts September 9th

## Pricing:

### Rainbow Rays: (8 and younger)

Family Membership: Full Pay--\$230

Two-Pay--\$115 x2

### Sting Rays: (9-10)

Family Membership: Full Pay--\$350

Two-Pay--\$175 x2

### Bull Rays: (11-12)

Family Membership: Full Pay--\$480

Two-Pay--\$240 x2

### Eagle Rays: (13 and up)

Family Membership: Full Pay--\$480

Two-Pay--\$240 x2

### High School: (Swim only with HS team during Nov 1-EOS)

Family Membership: Full Pay--\$200

Two-Pay--\$100 x2

**\*\*Second Payment will be due by December 1st.\*\***

## Practice Schedule

	Monday	Tuesday	Thursday
Rainbow Rays	6-6:30p Dry Land 6:45-7:30p Swim	6:00-7:00p Swim	
Sting Rays	6-6:30p Dry Land 6:45-7:45p Swim	6:00-7:00p Swim	6-6:30p Dry Land 6:45-7:45p Swim
Bull Rays	6-6:30p Dry Land 6:45-8:00p Swim	6:00-7:30p Swim	6-6:30p Dry Land 6:45-8:00p Swim
Eagle Rays	6-6:30p Dry Land 6:45-8:00p Swim	6:00-7:30p Swim	6-6:30p Dry Land 6:45-8:00p Swim

### Practice Attendance

There is no attendance requirement. However, your swimmer will only be as good as they practice! Most people will not be able to make every practice, but making it to 80% of practices should be a goal for everyone. Every practice is important and even more so for our younger age groups.

### About Us

The Grove City YMCA's Manta Rays Swim Team offers a year-round program for swimmers of various ages and ability levels to engage in the amazing, life-long sport of swimming.

### YMCA Competitive Swimming

YMCA Competitive Swimming is a program supported by the YMCA of the USA which is delivered by local YMCA units. As a Y program, its goal is to promote the YMCA's mission and core values through the sport of swimming. The focus is, first and foremost, on the development of healthy, confident, and value-driven individuals, where training and competition are our vehicles to drive this development. Everyone involved in our program plays a critical part in the process. Coaches, YMCA administrators, and parent volunteers assist swimmers in their development by building positive relationships, acting with integrity, and leading by example.

### Our Staff

**Tom Simecek**, Head Coach – [mantarayscoach@ymcacolumbus.org](mailto:mantarayscoach@ymcacolumbus.org)

**Stephanie Rolfe**, Aquatic Director - [stephanie.rolfe@ymcacolumbus.org](mailto:stephanie.rolfe@ymcacolumbus.org)

**Hallie Howard**, Aquatic Coordinator- [hallie.howard@ymcacolumbus.org](mailto:hallie.howard@ymcacolumbus.org)

## Registering for the Team

### Part 1: Register on TeamUnify

TeamUnify is our team's hub for communication and meet registration during the season. You can setup or reactivate your account by going to <https://www.teamunify.com/Home.jsp?team=ymca-4948>

Once there, click the "Start Registration" link on the left sidebar and follow all prompts. NOTE: Families must choose a single primary point of contact for TU, as swimmers may only be linked to one account. You can add additional email and SMS text messaging accounts to receive team communication under the "My Account" section.

## Part 2: YMCA Swimmer Season Registration

The next step in joining our team is registering through the YMCA.

- Pay Balance In Full at the Front Desk of the YMCA. A credit card will be required for payment.
  - Please contact the Aquatics Department with payment concerns.
- You will also review and sign our parent, swimmer and volunteer expectation agreements, as well as two health and safety waivers.

## Using Team Unify

TeamUnify (TU) is the online platform our team uses to communicate with members, manage meet registration/payment, and manage volunteer positions. This webpage should be your go-to resource for any information you may need to navigate the season. More details about how meets run can be found starting on page 8.

NOTE: While some info on TU is for everyone to see, like our About page, most is private and for team member use only. Be sure that you are logged in with an active account every time you visit the site.

### Signing Up for Meets

1. Log-in to your Team Unify account.
2. Click the "Events" tab.
3. Once meet registration is open, you will see a button under the meet title that says "Edit Commitment". Click that button.
4. On the next screen click on the name of your swimmer.
5. Choose your declaration.
  - a. Yes, please sign [swimmer name] up for this event.
  - b. No, thanks, [swimmer name] will NOT attend this event.
  - c. Then click, "Save Changes"

### Notes on Meet Registration:

- If you have more than one swimmer, you will have to declare for each child individually.
- You do not pick events for your swimmers *for dual meets*. Once your swimmer is committed to attend, coaches will choose his/her events and you will receive those closer to the meet. *You will choose your swimmers events for invitational meets.*

- If you are looking for more information about a meet, click on the Meet Title to find out more information about a meet (including meet start time, registration deadline, volunteer sign-up deadline and meet packets for invitational meets).
- Most invitationals have registration deadlines several weeks before the event. Late registrations will not be accepted.

### Signing Up to Volunteer

Our home meets require volunteers to run smoothly. When committing your swimmer, please also follow these steps to sign up for a volunteer shift yourself!

Additional information on our volunteer commitment can be found on page 15.

1. Log-in to your Team Unify account.
2. Click the "Events" tab.
3. Once volunteer signups are available, you will see a button under the Meet Title that says "job sign-up". Click that button.
4. On the next screen, choose a job by checking the box next to your job of choice. Descriptions and required skill level are provided for each position
5. Then click the "signup" button.

### Billing

Our team further uses TeamUnify to bill entry fees throughout the season. Entry fees are YMCA invitationals and any USA meets. Our billing cycle begins on the first of every month – please be prepared to pay any amount due by credit card or bank draft. No manual (check/cash) payments are accepted for meet fees.

Meet fees are charged either by event or a flat fee, depending on the meet. This information can always be found in the meet packet, which we post with the event.

### Results

The results for all swimmers in your family can be viewed through your TU account once they are provided to us, typically mid-way through the week following a meet. You can access these by clicking on the "My Account" menu in the left-hand sidebar and clicking "My Meet Results."

Time standards can be found under the "Documents" tab of the main menu on top of the page.

# Communication Guide

## TeamUnify

TeamUnify is our primary source of communication. Here you can find practice schedules, meet information, meet signups and volunteer signups. It is VERY important that you get signed into TeamUnify as soon as possible. Delays in registering your swimmer could cause you to miss important team communication and meet information. We encourage you to check out TeamUnify often throughout the season. Emails will be sent periodically through Teamunify to all participants, keeping you in the loop of team events, needs, and priorities.

## Contact Us

There is a Contact Us feature in the sidebar should you ever have a question/concern and are unsure of who to talk to – this feature will message all coaches and administrators simultaneously-email addresses for Coach Emma and the Aquatics Director are located on page 2.

Communication with coaches is highly encouraged; however, please do not engage in conversation with the coaches during practice sessions or meets. Out of respect for other swimmers, all questions should be asked after practice times or via email. Any concern should first be addressed with your child's age group coach. If unresolved, you may bring the matter to the Head Coach or Aquatics department. NOTE: Conversations about your child's progress or direct questions about your child will be discussed without the presence of your child (unless there is a behavior problem which necessitates their participation).

As a quick reference, here is who to contact:

- Practice, Meets & Team Unify questions, contact Head Coach.
- Billing, registration, apparel & behavior management questions contact Aquatic Experience Director.

## Parent Meetings

We would like you to be active with our Parent Committee! Meetings are held on the second Tuesday of every month in Meeting Room A. These meetings are the best way to shape the way our team functions, address major issues in the team, and lend your voice to advancing our mission to develop youth through competitive swim.

# Equipment

## Basic Needs

- Competition (Meet) Swimsuit: Our team suits are available and suggested to promote team unity.
- Towels: towels and more towels!
- Swim Cap: Encouraged for practice and required for meets if your swimmer has long hair.
- Goggles: Necessary given the amount of time spent in the water.
- Practice Suit: some swimmers prefer to wear an older suit to save wear on their "meet suit".
- Mesh Bag: allows for quick drying of suit and gear.
  - Fins & Snorkels: The coaches strongly encourage the use of fins & snorkels during practice for older groups. These help develop proper technique and buoyancy.

## Meet Information – Types of Meets

- Types of Meets
  - Dual or Tri Meets (Ex: POS & EAST @ LTPY)
    - This is a smaller meet with 2-3 teams and can be held at home or away.
    - There is no cost to participate in dual meets.
    - Individual times and points are recorded, but no awards are given out.
    - All age groups participate at the same time for a dual meet.
    - Typically, swimmers will swim in 2-3 individual events and possibly 1 relay event.
  - Invitational Meets (Ex: Home Invitationals)
    - These meets are much larger and typically have 5 or more teams.
    - All invitational meets carry a charge to be paid by parents. The charge varies by meet and details can be found in the Meet Packet (see below).
    - Many invitational meets offer some kind of awards (ribbons, medals, etc...). Some meet fees include a t-shirt or a cap. Details can be found in the Meet Packet.

- Invitational meets will often run several different “sessions” across the morning and afternoon and sometimes across several days. Please read the Meet Packet carefully to find which session your child will swim.
  - Each invitational has their own entry limitations and it may vary by age. Please refer to the meet packet to see the maximum amount of events your swimmer may participate in.
- Championship Meets
    - Each season finishes with a Championship Meet. There is a meet attendance requirement to participate in Championship Meets. The requirement varies from season to season and will be communicated by the coaching staff. Which meet your swimmer attends will be based on his/her personal best times.
      - Summer Season.
        - YCO Summer Champs – All Swimmers who have met the meet requirements. There are no time standards.

## Meet Information – General

- Swimmers Age:
  - A swimmer will swim at one age for the entire season (even if he/she has a birthday within that season). There are a few exceptions to this. Please read the Meet Packet to determine your swimmers age for each specific meet.
    - Regular Season (September – March): Swimmer’s age as of December 1<sup>st</sup>.
    - Summer Season (May – July): Swimmer’s age as of May 1<sup>st</sup>.
- Warm-Ups and Meet Start Times
  - Meet Start Times can be found on TeamUnify when you click on a Meet Title.
  - Home Dual Meets: Warm-ups typically begin 1-hour before the meet start time.
  - Away Dual Meets: Warm-up time will be communicated before the day



of the meet. Typically we will warm up 30-60 minutes before the meet start time at an away dual meet.

- Invitational Meets: Approximate warm-up times can be located in the Meet Packet in TeamUnify. Once warm-up times are confirmed by the host team, they will be communicated before the day of the meet.
- The average dual meet runs 3 hours (from the START of the meet, not from warm-up time). Invitational meets are much longer. Plan on being there awhile!

- Meet Expectations

- You are not required to attend all swim meets. Choose meets that work with your family's schedule. (Keep in mind there are meet requirements to attend championship meets at the end of the season.)
  - Be firm in your child's commitment to attend any meets you have committed to. If a problem arises and your child cannot make it to a meet, please make every attempt to contact your coach before the meet starts!

- Scoring and Results

- For some meets, multiple age groups are combined for swimming (to make the meet shorter) but are scored separately based on age groups. For Invitationals, you can find scoring information in the Meet Packet. For dual and tri meets, they are normally combined for swimming but scored based on age groups (ex: 9-12 year olds will swim together but scored as 9/10 and 11/12). Each swimmer will earn points based on their place for each event. These points are calculated into the team score as well.

- Results will be posted via email/Team Unify. However, it is the responsibility of the home team to provide these results. Sometimes, there is a significant delay in getting information. For large Invitationals, the sponsoring meet will often post meet results as they are available at the meet. They are usually posted in a common area – near the campsite or concessions.

## Meet Information – Participation and Commitments

### Meet Commitments

All swimmers MUST either commit to swim or decline to swim in each meet (there is no minimum commitment to be on the team, but swimmers must compete in at

least 2 YMCA meets to attend Summer Championships).

For dual meets the deadline is typically 1 week prior to the meet. For invitational meets, the deadline can vary and be as much as 3 weeks before the meet. Commit your child to participate in a meet through the Grove City TeamUnify website by declaring that they will or will not participate. Committing your child for a meet on the website is the ONLY way the coach will know whether to enter them in the meet. Please pay close attention to this process.

The team will send an email reminding you that the deadline to commit is in one week. This email is the only reminder you will get. It is the responsibility of the parent (or household designer) to commit their swimmer online. If you know your child will NOT be attending a meet, please specify that your child will NOT be attending.

#### Unexpected Withdrawals:

If your swimmer is unable to attend a meet due to an unexpected situation, please contact the Head Coach via email at [mantarayscoach@ymcacolumbus.org](mailto:mantarayscoach@ymcacolumbus.org). It is important to contact a coach as soon as possible. Relays require 4 swimmers - if your child is on a relay and cannot come to the meet, there is a possibility that 3 other swimmers would have to scratch the event.

#### For Paid Meets Only:

Commitments will not be accepted past the stated deadline. Swimmers may still opt for a deck entry if available at the meet. All committed athletes will be billed for the meet – changes in attendance or questions about billing should be communicated directly to the Aquatics department.

## Meet Information - Entries

Coaches will choose which events swimmers will participate in based on your commitment on Team Unify. After the coaches have all the responses, they will create the entries. Entries are the events that your particular swimmer will be swimming at that meet. Depending on the meet, entries may be posted to the website, posted on Facebook and/or emailed to the parents.

Entries could have the heats and lanes on them as well. For example:

60 Swimmer Name - Male - Age: 9 - Ind/Rel 3/2

#102 Mixed 9-10 200 Medley Relay (1) 2:43.84 **2/2**

#106 Mixed 7-10 50 Free 35.94 **11/6**

#108 Mixed 7-10 50 Fly 44.84 **2/4**

#111 Mixed 7-10 50 Back 42.22 **6/4**

#115 Mixed 9-10 200 Free Relay (3) 2:22.71 **2/2**

The bolded numbers at the end of each event are the heat and lane. For example, on event 102, the heat would be 2 and the lane would be 2. Event 106, the heat would be 11 and the lane would be 6.

In an effort to help meets run more smoothly, we ask that all swimmers have the events they will be swimming written in Sharpie on their hands/arms. This makes it easy for all swimmers to check events, heats and lanes.

Older swimmers and veteran parents will be able to help. If every swimmer has this information on their hand/arm, we can cut down on confusion.

Please write this information (in permanent ink/Sharpie). Include the event number (E), heat number (H) and lane number (L). You may also want to add an abbreviation of what stroke they are swimming and if it's a relay.

Below is an example of a heat sheet and how to write down the order of events.

**ABBREVIATIONS**

E - Event	BA - Backstroke
H - Heat	BR - Breaststroke
L - Lane	FR - Freestyle
	FL - Butterfly (Fly)

**EXAMPLE of EVENT CHART SWIMMER'S ARM or LEG**

#7 Girls 8 & Under 100 Yard IM			
Lane	Name	Age	Team
Heat 1 of 2 - Finals			
1	Sydney Beyer	6	IFVCC
2	Maddie Williams	7	IFVCC
3	Lauren Stroud	7	WWST
Heat 2 of 2 - Finals			
1	Ellen Williamson	8	WWST
2	Ruth McGee	8	WWST
3	Delaney Byrne	8	WWST
4	Elena Williams	7	WWST

#19 Girls 7-8 25 Yard Freestyle			
Lane	Name	Age	Team
Heat 1 of 3 - Finals			
1	Natalie Foster	8	IFVCC
2	Maddie Williams	7	IFVCC
3	Marcus English	7	WWST
Heat 2 of 3 - Finals			
1	Audie Smith	8	IFVCC
2	Ava Griffin	7	IFVCC
3	Skyler Jackson	8	IFVCC
4	Meredith Soren	7	WWST
Heat 3 of 3 - Finals			
1	Elena Williamson	7	WWST
2	Natalie de Vries	7	WWST
3	Ruth McGee	8	WWST
4	Joanna Ridley	7	WWST
5	Alexandra Johnson	7	IFVCC

Heat 3 (001) Girls 7-8 25 Yard Backstroke			
Lane	Name	Age	Team
Heat 1 of 1 - Finals			
1	Joanna Ridley	7	WWST
2	Lake Leong	8	IFVCC
3	Maddie Williams	7	IFVCC
4	Delaney Byrne	8	WWST
5	Ruth McGee	8	WWST

#61 Mixed 8 & Under 100 Yard Medley Relay			
Lane	Team	Relay	Swim Time
Heat 1 of 1 - Finals			
1	Joanna Ridley	W7	NT
2	Lake Leong	M8	NT
3	Maddie Williams	W7	NT
4	Delaney Byrne	M8	NT
5	Ruth McGee	W8	NT

E	H	L
7	2	3
19	3	3
31	3	5
61	1	4

IM  
Free  
Back  
Relay (Back)

**\*\*For swimmers under 10 years, it's helpful to write the first initial last name on their back.**

**It helps Bull Pen volunteers place swimmers in the right order in the right events.\*\***

## More on Meets - Typical Day of a Swim Meet

1. Know which events your swimmer is participating in prior to the meet! Meet events are typically posted to the website/Facebook before a meet.
2. If a problem arises and your child cannot make it to a meet, make every attempt to contact your coach (coaches will specify which phone numbers to use once the season starts). Email notice given 24 hours prior to the meet is the preferred method of contact.
3. Packing for the meet:
  - a. Manta Rays swimsuit (pack a backup as well)
  - b. Map/Directions for away meets
  - c. Two (or more) towels
  - d. Cap and goggles for swimmers (pack back up goggles as well). Tinted goggles are helpful in the summer.
  - e. Something to sit on (blanket, chair, etc). Bring chairs for the entire family, as it is likely there will not be seating for all spectators of the meet. Even at our home pool, seating is very limited.
  - f. Change of clothes, deck sandals/flip flops
  - g. Sweatshirts/hoodies/robes
  - h. Healthy snacks and drinks (or money for concessions) WATER for swimmers!
  - i. Water bottle
  - j. Cards, books, games for in-between events
  - k. Sharpie marker/Highlighter
  - l. Sunscreen (for outdoor meets)
4. Plan on arriving 15 minutes prior to warm-ups starting. This will allow time to get a spot to sit and to ensure your swimmer is ready to get into the pool when warm ups begin. Allow plenty of time to find parking and, in some cases, the meet location.
5. Stay in a designated team area (generally referred to as "camp"). Parents, you are responsible for your child's behavior at meets. Please be sure they stay in the team area so they can be located for their events.

6. Find out where the bullpen is located and what ages report to the bullpen.
7. Pay close attention to all announcements. The announcer will announce the events on the blocks (those ready to start swimming) as well as the events in the bullpen (where younger swimmers are gathering prior to their event). Things may go quickly, especially if events are combined. Even though there may be an event currently swimming, the bullpen will be calling for the next events. Speaker system may vary by pool so please listen attentively. There may also be a sign showing the event number that is to report to the BullPen.

## Volunteers

It requires a minimum of 30 parent volunteers to run a home swim meet. Everyone (with the exception of coaches and lifeguards) that you see around the pool is a parent volunteer. Our aim is to spread the responsibility for volunteering among all participating families to have a successful meet.

### Volunteer Commitment

When a child joins a swim team, so do the parents. This sport requires parents to be participants, not just spectators. Swimming requires active participation by the parents. Swim meets are very labor intensive and simply can't be run without the majority of parents assisting at some stage of the meet. It takes many people to run a swim meet and there is literally a job for everyone!

Each **family** has a volunteer requirement for each season that requires multiple shifts. All shifts are mandatory and all parents will have signed the volunteer agreement when registering your swimmer. Detailed information about volunteer jobs can be found in the Parent Handbook available from the front desk, or as found on Team Unify.

### Volunteer Positions

There are many positions that require no training and there are a lot of positions that are before or after the meet starts. Volunteers are needed at meets in the following positions:

- Meet Manager
  - We have a few parent volunteers who act as meet managers. They

will regularly post information by email via Team Unify with information pertaining to upcoming meets and volunteer information.

- Bullpen (no experience required)
  - The bullpen is an area away from the pool where 10 & Under swimmers get put into their correct event/heat/lane assignments before heading out onto the deck. The bullpen is always full of energy and a great way to meet the swimmers!
- Timer (no experience required)
  - Time each event behind the blocks. No experience required. Directions will be given at the timers meeting. This is a great job for families new to swimming. You get to see your child swim and learn a lot about how a swim meet works.
- Head Timer
  - The head timer will run the timer's meet and assists with timing throughout the meet. Timing experience is required.
- Officials
  - All of our officials are YMCA certified. If you are interested in becoming an official please email our Aquatics Director to find out when courses are being offered!
  - Level 1 requires certification
  - Level 2 requires certification and Level 1 experience
- Runner/Water Carrier (no experience required)
  - The runner picks up timer sheets & gives them to the AO team at the timing console. The water carrier walks around the pool deck offering water to the volunteers.
- Set-Up/Tear Down (no experience required)
  - At the direction of the meet manager, assist in meet set-up or meet tear down. Jobs include setting up/tearing down tables, chairs, signage, mats, etc...

## Glossary of Terms

(Listed in Alphabetical Order)

**Backstroke** – Backstroke is done on the swimmer's back. A flutter kick is used while the arms alternate (one then the other). Swimmers cannot roll past 90 degrees from their back as they stroke and cannot roll onto their sides or stomach when approaching the finish wall. (Many younger swimmers have a tendency to do this to see how close they are to the wall; they will need to learn to count the number of strokes they need to take after they pass under the flags).

**Backstroke Flags** - Flags going across the pool indicating to swimmers they are

approaching the end of the pool and need to count their strokes so as not to bump their head or prepare for a flip turn.

**Breaststroke** – The breaststroke uses the whip kick (or frog kick is acceptable), while arms pull underwater simultaneously. The two hands must touch the wall simultaneously on the turn and finish.

**BullPen** – This is an area away from the pool where parent volunteers help the younger swimmers get in order of heats and lanes and ensure they get to their lane in time for their heat. Usually swimmers 10 and younger report to the bull pen a few events before their event. Swimmers (and parents) will need to listen (or look) for the BullPen announcements. It is very helpful to have your swimmer's events marked on their arm and their last name marked on their back. Especially for shy swimmers.

**Butterfly** – In the butterfly, the feet and knees are together on the kick (dolphin kick), while arms move simultaneously. The two hands must touch the wall simultaneously on the turn and finish.

**Clean Up** – A responsibility of every Hury swimmer is to throw away any trash on the ground as well as to pick up personal items and take them home. Parents are asked to encourage their child to handle this task at each meet and practice. At the end of each meet there is a lot of equipment to take down. Adult participation will expedite this process and is always appreciated.

**Deck** – The area immediately around the pool. Portions of the deck may be restricted to coaches, swimmers and officials only.

**Disqualification (DQ)** – Technically incorrect stroke, kick, turn or start. A swimmer must compete in a race according to certain requirements and if those are not met, a swimmer may be disqualified. Keep in mind, every swimmer has received, or will receive, a DQ at some point in his/her swimming career. Some examples of disqualifications:

1. Backstroke: Toes out of water on the start, false start, technically incorrect flip turn, turn on stomach before touching the wall at finish.
2. Breaststroke: False start, too many pulls or kicks underwater on start or turns, incorrect stroke or kick, not doing a simultaneous two-hand touch on wall.
3. Freestyle: False start or missing the wall on turn.
4. Butterfly: False start, incorrect stroke/kick, not doing a simultaneous two-hand touch on wall.

**Event** – An event is the name of the "race" that a swimmer is entered in. Events are identified by a number. Generally, even number events are boys and odd number events are girls. The event number is followed by the stroke/category and age group. (ie. Event 25 Girls 9-10 25 Yard Backstroke)

**False Start** - When a starter announces "TAKE YOUR MARK", swimmers on the starting blocks must bend over with their toes over the end of the block and remain motionless until they hear the starting sound. If a swimmer leaves their position before the starting sound, he/she may be disqualified. In a relay, a false start may also be when the swimmer leaves the block before the swimmer in the water touches the wall.

**Freestyle** – Freestyle is usually the front crawl with the flutter kick, but any stroke or combination of strokes is legal as long as the swimmer does not walk on the bottom of the pool or use the lane lines to gain momentum, and touch the walls on turns.

**Freestyle Relay** - Four swimmers, each swimmer swims freestyle.

**Heat** - One of several races of the same event. Many swimmers are entered into each event. In some cases there may be as many as 30 or more swimmers competing in the same event. In a six-lane pool, there is no way to swim all the entries in any event head-to-head at the same time. Instead, the event is broken up into heats. The number of heats is determined by the number of swimmers and the number of lanes in the pool. In a six-lane pool, a 30 swimmer event would be divided into 5 heats – six swimmers in each heat. It is important to remember that all swimmers in a single event are competing against each other. Times for all heats in an event are tallied together. The fastest time out of all the heats wins the event.

**Individual Medley (IM)** - An individual event in which one swimmer swims all four strokes in the specified order (fly, back, breast, free).

**Medley Relay (MR)** - Relay event in which each of the four swimmers swim one of the four strokes in the specified order (back, breast, fly, free).

**Meet Packet** - Details for invitational meets (including session times, awards, location, etc...) can be found in Team Unify. Click on the title of the meet and then download the meet packet.

**Referee** - The official in charge of the meet. The referee shall have full jurisdiction over the meet and shall see that all rules are enforced. The referee shall decide all questions arising during the conduct of the meet, the final settlement of which is not otherwise covered by the rules and shall have discretionary power to set aside the application of a rule when there is apparent unfairness. In all meets, judgment decisions of other officials may be reconsidered only by the referee, who shall have final authority to overrule any decision pertaining to an action that he or she personally observed.

**Relays** - An event having four swimmers from the same age group.

**Runner** - An individual that collects the papers from the timers after each event and takes them to the scorer's table.



**Scorer** - With the papers turned in by the runner, the scorer awards points to teams in each event. Scoring is done by computer.

**Scratch** - Withdrawing any entry from competition after entries have been made.

**Seeding** - The assignment of swimmers to heats.

**Seed Times** - The times used to enter a swimmer in a meet. This determines a swimmer's heat and lane assignment.

**Starter** - The official responsible for the start of each heat and calling swimmers to blocks.

**Starting Block** - Raised platform on the swim deck to add height for competitive swim starts.

**Stroke and Turn Judge** - The official that determines the legality of a swimmer's stroke and his/her turns.

**Timer** - Times every swimmer in their lane and records the times on a paper for scoring. Each lane has 2 timers.

**Warm Up** - Time the swimmers are allowed to practice before a meet