



Swim Meet 101 for Parents and Guardians

So you're ready to sign up for your first swim meet. Here is a little guide to help you along the way.

1) SIGNING UP:

Visit the Team Home Page:

<http://www.ymcadolphins.org/>

At the bottom of the page there is an Events Button as well as an Event List.

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WESTERLY-PAWCATUCK Y DOLPHINS YMCA

USA SWIMMING

HOME TEAM REGISTRATION USA SWIM SAFE SPORT INFORMATION NEWS MEETS & EVENTS CALENDAR RECORDS DOCUMENTS

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ABOUT

Welcome to the Ocean Community YMCA Westerly-Pawcatuck Dolphin Swim Team! The Dolphins is a wonderful organization that combines the excellence and dedication of our children and their parents. The swim team provides your child with an atmosphere that is safe, fun, and challenging. We average well over 140 swimmers and each and every one of them is special and recognized as such.

NEWS PRACTICE SCHEDULE **EVENTS** REGISTRATION SEE OUR FACEBOOK PAGE

EVENTS

Specialty Meet: Holiday Classic @ Cranston (Hidden)
Dec 09 2023 - Dec 10 2023
12:00 am - 12:00 am
[Edit Commitment](#)

MORE EVENTS

If you select the Events button a list of available events will be displayed similar to the picture below:

Team Events

Oct
28
2023

Home Meet VS TBD
 28 October 2023 Event Category: Dual Meet


 This is a standard dual meet at home - NO meet fees apply.

Edit Commitment

Nov
18
2023

Home Meet VS Cranston
 18 November 2023 Event Category: Dual Meet


 This is a standard dual meet at home - NO meet fees apply.

Edit Commitment

Dec
07
2023

USA Only: Candy Cane Classic Trials/Finals w/ Distance @ MIT (Hidden)
 07 December 2023 - 10 December 2023 Event Category: Invitational Meet


 More info TBD

Edit Commitment

Dec
09
2023

Specialty Meet: Holiday Classic @ Cranston
 09 December 2023 - 10 December 2023 Event Category: Invitational Meet

Open to all Dolphins Swimmers - Meet Fees Apply

Edit Commitment

Next to the swim meet, click the Attend/Decline button. If you are not already logged in, you will be prompted to log in with your TeamUnify account.

Your swimmer's name(s) will appear in a list, select the name of your swimmer and the event signup page will appear.

USA Only: 2023 NE CRA October Distance & Specialty Meet
Oct 13, 2023 (04:15 PM) - Oct 15, 2023 (05:30 PM)

My Account:
McCabe, Lisa
401-952-3059
[Change Account](#) (Admin Only)

Registration Deadline:
09/08/2023

Meet Name:
[2024 NE CRA October Distance & Specialty Meet](#)

Location:
Boston Sports Institute, 900 Worcester Street, Wellesley, MA 02482, USA

Course:
YO

Meet Type:

Start Date:
10/13/2023

End Date:
10/15/2023

Age Up Date:
10/13/2023

Use Date Since:
01/01/1970

Enforce entry based on [Quality Times]: No

Restrict entry [Best Time] to same [Meet Type]: No

Event Declaration Setting: Commit by Event [Edit](#)

Maximum Event Entry Limitations [View](#)

Allow Course Conversion for Relays: No

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Quality Time]: No

[View/Edit All Meet Events](#)
[Go Back to Event Home Page](#)

Click on Member Name to declare for this Event:

Member Name	Member Commitment	Coach Approved	Last Updated
Alexia McCabe *Active	Undeclared		
Lisa *Active	Undeclared		
Steve McCabe *Active	Undeclared		

Use the drop down box to select **Yes, Please sign up [Swimmer's Name] for this event**. Place a check mark in the Day/Session box. (For some special meets you can choose the events your swimmer will swim in. For most meets, the coach will select the events.)

Click **Save Changes**.

Athlete Event Signup - By Day/Session

Smithfield @ Westerly - Sep 28 (Sep 28, 2019 (08:00 AM) - Sep 28, 2019 (01:00 PM))

Member Athlete:
Alexia McCabe

*Signup Record
Yes, please sign [Alexia] up for this event

Meet Name: **Westerly vs Smithfield** Location: **Ocean Community YMCA - Westerly-Pawcatuck, , Westerly, RI 02891, USA** Course: **YO** Meet Type:

Start Date: **9/28/19** End Date: **9/28/19** Age Up Date: **9/28/19** Use Date Since: **1/1/70**

Enforce entry based on [Quality Times]: **No** Restrict entry [Best Time] to same [Meet Type]: **No**

Event Declaration Setting: **Commit by Session** Maximum Event Entry Limitations

Allow Course Conversion for Relays: **No**

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Quality Time]: **No**

Please select the Days/Sessions that this Athlete would like to attend below:

☐ Day 1/Session 1

Notes:

Please limit the size of the notes to no more than 256 characters.

Save Changes

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Now your swimmer is all signed up for the meet.

This can also be done using the OnDeck app. Your login info works for both the website and app.

2) VOLUNTEER:

Our organization is mostly run by volunteers. To make a meet run smoothly it takes a lot of volunteers. There are many options and jobs available at home meets. At the very minimum, donating something to the concession stand is appreciated. The money raised from the concession stand goes back to the team. At away meets we sometimes just need some volunteer timers.

To volunteer, select the Job Signup Option next to the meet.

Select the **checkbox** next to an available job slot and then click the **signup** button at the top.

Conley, Norm & Maggie (Maggie Conley)	
4 Conley, Norm & Maggie (Maggie Conley)	
Concession - Pizza Money Please donate for pizza. \$5 - \$10 would be great! Thank You	09/28/2019 11:00:00 AM - 09/28/2019 11:10:00 AM(0.17 Hrs.) 1 Machinski, Suzanne 2 Niedbala, Kathleen (Kathleen Niedbala (860) 287-3402) 3 vonHousen, Elise 4 Donnarummo, Meghan 5 Guilmette, Carolann (401-714-3627) 6 Donato, John-Paul 7 Danaher, Johanna (Katie Danaher (860-373-4650)) 8 Sherman, Pamela (Pam & Bryan Sherman-Taplin) 9 Brunelle, Tracy 10 Healy, Susan 11 Algieri, Sarah 12 Adams, Sue (Ben Labonte) 13 Milano, Eileen (Milano, Eileen) 14 Cunningham-Joost, Emilie (Shawn and Meg) 15 Cunningham-Joost, Emilie (Meg And Shawn) 16 ☐ ----- 17 ☐ ----- 18 ☐ ----- 19 ☐ ----- 20 ☐ ----- 21 ☐ ----- 22 ☐ ----- 23 ☐ ----- 24 ☐ ----- 25 ☐ ----- 26 ☐ ----- 27 ☐ ----- 28 ☐ ----- 29 ☐ ----- 30 ☐ -----
Concession - Soda 12-Pack per volunteer (coke, sprite, etc)	09/28/2019 11:00:00 AM - 09/28/2019 11:10:00 AM(0.17 Hrs.) 1 Healy, Susan 2 ☐ ----- 3 ☐ ----- 4 ☐ ----- 5 ☐ ----- 6 ☐ -----
Job - Bullpen help kids get on deck for the events	09/28/2019 11:00:00 AM - 09/28/2019 05:00:00 PM(6.00 Hrs.) 1 Sherman, Pamela (Pam & Bryan Sherman-Taplin) 2 ☐ ----- 3 ☐ ----- 4 ☐ ----- 5 ☐ ----- 6 ☐ -----
Job - Concessions Volunteers Helping to sell food at our concession stand.	09/28/2019 11:00:00 AM - 09/28/2019 02:30:00 PM(3.50 Hrs.) 1 ☐ ----- 2 ☐ ----- 3 ☐ ----- 4 ☐ ----- 5 ☐ ----- 09/28/2019 02:30:00 PM - 09/28/2019 05:00:00 PM(2.50 Hrs.) 1 ☐ ----- 2 ☐ ----- 3 ☐ ----- 4 ☐ ----- 5 ☐ -----

Fill in the required information and submit.

Volunteer Job descriptions can be found here:

<https://www.teamunify.com/SubTabGeneric.jsp?team=ymca-6076&stabid=174657>

3) MEET DAY:

Now to prepare for the day of the meet. Swim meets tend to last 4+ hours so you'll need to do some packing.:

- 1) It is a good idea to bring some portable chairs , some people bring blankets to sit on.
- 2) Something to keep your swimmer occupied while waiting for their races. (Books, Games, Portable devices, ect..)
- 3) A water bottle.
- 4) Food - your swimmer will get hungry.
- 5) Towels - bring multiple towels.
- 6) Clothing to keep warm between warm-ups and race and between races.
- 7) Cap and Goggles - Extras are a good idea, sometimes these items break.
- 8) For some of the smaller swimmers who get cold, a bathrobe or small blanket to wrap in is a good idea.
- 9) Flip-flops or other easy slip on/off footwear. Swimmers are not allowed to walk around the YMCA barefoot.

Please arrive at the time that the coach has requested for the meet. You will need a little time to get your area setup and get your swimmer(s) ready for warm ups. At home meets, we set up in the gymnasium of the Y.



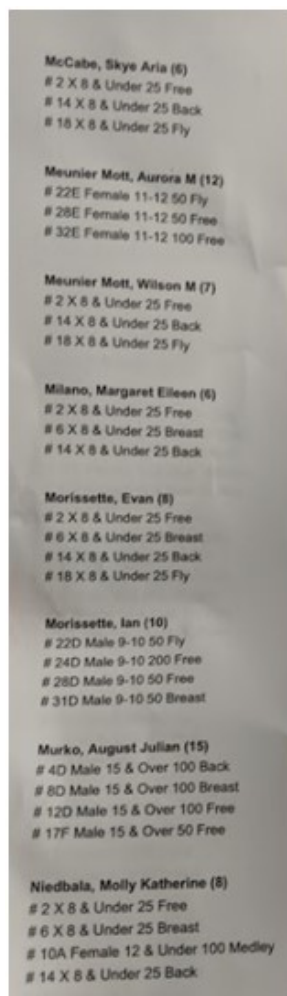
4) CHECK IN:

Upon arrival, there will be a check-in desk at home meets. Be sure to check in so that your swimmer is not scratched from their events as a no-show. If it is an away meet, check in with a coach.

After you check in, head over to the setup area and put your stuff down. A warm-up sheet may be posted on the wall. Find your swimmer's warm-up group and be sure they are ready to enter the pool at the right time. If a sheet is not posted, see a coach for warm-up time.

An event sheet will also be posted on the wall. Find your swimmer's name and the events that your swimmer is signed up for will be listed.

The Event Sheet will look something like this:



We like to list the swimmer's events on their hands using a Sharpie. There are usually volunteers around to assist with this.

5) WARM UPS:

Your swimmer's group will be called to the pool area for warm-ups. Something must be worn on your swimmer's feet as they walk through the Y. A pair of flip-flops or other type of easy slip on/off shoe is recommended.

After warm-ups, your swimmer will return to the gymnasium. Have them dry off and keep warm until race time.

HEAT SHEETS:

Just before the meet starts, heat sheets will be available for purchase. A heat sheet will list all the events in the meet and each individual heat within those events. Heat sheets are \$2.

Westerly-Pawcatuck YMCA			
Westerly vs Mystic - 11/17/2018			
Meet Program - Westerly vs. Mystic			
Heat 2 Finals (#41 Girls 11-12 50 Yard Butterfly)			
1	Pacheco, Sophia	12	MYST-CT 41.31
2	Edmond, Lillian	12	MYST-CT 37.31
3	Vonhousen, Erin N	12	Dolphins-NE 32.25
4	Donato, Abbey L	11	Dolphins-NE 32.37
5	Ratib-Evanch, Nadia	11	Dolphins-NE 39.86
6	Meunier Mott, Aurora M	12	Dolphins-NE 54.30
Event 42 Boys 11-12 50 Yard Butterfly			
Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 01:38 PM			
2	Hespelet, Evan	11	MYST-CT 37.90
3	Bruselle, Jesse J	12	Dolphins-NE 29.41
4	Gonzalez, Alex	12	MYST-CT 37.07
5	Propatier, Nicholas L	11	Dolphins-NE 53.81
Event 43 Mixed 13-14 100 Yard Butterfly			
Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 01:39 PM			
1	Gentilella, Grace	W13	MYST-CT XNT
2	Armitage, London R	W13	Dolphins-NE 1:17.49
3	Urigo, Mike D	M14	Dolphins-NE 57.73
4	Gonzalez, Ian	M14	MYST-CT 1:15.16
5	Spathakis, Emma	W13	Dolphins-NE NT
6	Ainscough, Sam	M13	MYST-CT NT
Event 45 Mixed 15 & Over 100 Yard Butterfly			
Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 01:41 PM			
2	Edmond, Jackson	M15	MYST-CT X1:10.97
3	Burke, Jessica L	W15	Dolphins-NE 1:03.49
4	Inlante, North E	M18	Dolphins-NE 1:03.71
5	Reese, Elliot	M15	MYST-CT X1:40.55
Event 47 Mixed 8 & Under 50 Yard Freestyle			
Lane Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 01:43 PM			
2	Jacobs, Shyla N	W7	Dolphins-NE NT
3	Meyer, Emma	W7	MYST-CT NT
4	Gyrdner, Taryn M	W7	Dolphins-NE NT
5	Kenyon, Karlin E	W7	Dolphins-NE NT
Heat 2 of 3 Finals Starts at 01:44 PM			
1	Graves, Zenon M	M7	Dolphins-NE NT
2	Preston, Molly C	W8	Dolphins-NE NT
3	Grogan, Sam	M7	MYST-CT 1:03.00
4	Modi, Rhianna	W7	MYST-CT 1:10.63
5	Brake, Sarah L	W8	Dolphins-NE NT
6	Gyrdner, Enzo R	M7	Dolphins-NE NT
Heat 3 of 3 Finals Starts at 01:45 PM			
1	Priest, Will	M8	Dolphins-NE X58.44
2	Lamb, Bryon M	W8	Dolphins-NE 44.34
3	Labonte, Benjamin	M8	Dolphins-NE 40.33
4	Falkenstein, Victoria	W8	MYST-CT 40.88
5	Falkenstein, Veronica	W7	MYST-CT 52.90
6	Nicolas, Cassiopeia E	W8	Dolphins-NE 1:01.05
Event 49 Girls 9-10 100 Yard Freestyle			
Lane Name	Age	Team	Seed Time
Heat 1 of 2 Finals Starts at 01:47 PM			
2	Schrage, Audrey	9	MYST-CT NT
3	Woody, Fiona	9	MYST-CT NT
4	Vazquez, Daniela	10	MYST-CT NT
Heat 2 of 2 Finals Starts at 01:49 PM			
1	Macara, Casey	10	Dolphins-NE 1:30.42
2	Arcilla, Jillian	10	MYST-CT 1:25.54
3	Putrell, Nadejda	10	MYST-CT 1:21.94
4	Oneil, Olivia	9	Dolphins-NE 1:25.46
5	Belanger, Dabyla R	9	Dolphins-NE X1:28.08
6	Smallridge, Kate M	10	Dolphins-NE X2:03.87
Event 50 Boys 9-10 100 Yard Freestyle			
Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 01:51 PM			
1	Westcott, Gavin	9	MYST-CT XNT
2	Algieri, Tyler	10	Dolphins-NE 1:52.45
3	Kenyon, Brody	10	Dolphins-NE 1:24.35
4	Grogan, Raymond	10	MYST-CT 1:32.56
5	Reese, Miles	9	MYST-CT X2:20.00
Event 51 Girls 11-12 100 Yard Freestyle			
Lane Name	Age	Team	Seed Time
Heat 1 of 2 Finals Starts at 01:53 PM			
1	Oster, Sofie L	11	Dolphins-NE NT
2	Caradimos, Alexis	11	MYST-CT X2:39.81
3	Wheeler, Jai-lynn M	11	Dolphins-NE 1:30.63
4	Washor, Julia J	11	Dolphins-NE 1:53.68
5	Pons, Salla M	11	Dolphins-NE NT
Heat 2 of 2 Finals Starts at 01:56 PM			
1	Alves, Ella	11	Dolphins-NE 1:27.65
2	Palmer, Sam	11	Dolphins-NE 1:21.94
3	Milne, Anna	12	MYST-CT X1:09.22
4	Grogan, Thelma	11	MYST-CT 1:21.35
5	Danaher, Katie E	12	Dolphins-NE 1:25.67
6	Gabriele, Makenzie	11	Dolphins-NE 1:29.32
Event 52 Boys 11-12 100 Yard Freestyle			
Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 01:58 PM			
1	Fry, Sally	11	MYST-CT NT
2	Hine, Samuel	11	MYST-CT 1:25.53
3	Casady, Ryder	12	Dolphins-NE 1:09.29
4	Stewart, Russ	11	Dolphins-NE 1:13.56
5	Propatier, Nicholas L	11	Dolphins-NE 1:38.49
Event 53 Girls 13-14 100 Yard Freestyle			
Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 02:00 PM			
1	Lambert, Taylor G	13	Dolphins-NE 1:25.40
2	Gentilella, Grace	13	MYST-CT 1:11.44
3	Waranis, Lley J	14	Dolphins-NE 1:04.00
4	Mareglia, Rachael	13	Dolphins-NE 1:07.93
5	Caradimos, Giadanna	13	MYST-CT 1:19.93
6	Murphy, Mateo K	14	Dolphins-NE 1:26.04

6) BULLPEN:

Once the meet is ready to kick off, the first events will be called to the bullpen which is set up in the gymnasium. When you hear your swimmer's event number being called, bring them over to the bullpen to be lined up for their event. Then you can head to the pool area for viewing. Please try to have your swimmer return to the gymnasium after their race to be ready to be lined up again if they have a next race. If your swimmer's races are back to back and the line for their next event is already in the pool area, a coach may request that you stay and get back in line in the pool area.

7) CONCESSION:

At most meets a concession stand is available to purchase food, drinks, and snacks. At home meets, please be sure to sign up to contribute to the concession stand. We also need volunteers to run the concession stand.

8) VIEWING AREA:

There are some designated viewing areas for spectators. Once your swimmer has been lined up in the bullpen or on the pool deck, volunteers will get them to the correct location. **Please stay in the designated areas and do not come up behind the diving blocks unless you are a volunteer who is required to be there.**

9) Photography Policy:

Per USA Swimming and SafeSport policies, no photographs or videos are to be taken in the restricted area. The restricted area is defined as the area from the flags at the starting end of the pool and extends to all area behind the starting blocks.

Please be respectful of other swimmers privacy and try to only photograph or video your own swimmer unless you have permission from the parents or guardian of another swimmer to photograph or take videos of them.

Have Fun and if you have any questions, a coach or volunteer will be happy to help you.