



YOUR FIRST SWIM MEET! What to do? What to wear? What to bring?

Welcome to MESA Aquatics. We thought you might like to have information regarding swim meets. First of all, RELAX. Swim meets are a fun learning experience. We hope you will find this information helpful. Please feel free to call any of the board members or team parents if you have any further questions. After all, we are a TEAM!

HOW DO I ENTER A SWIM MEET?

Check your box daily for current meet information. There is a swim meet schedule for the entire year published in the Swim Guide by Southern California Swimming, so you can plan ahead.

When a new Swim Meet Sheet becomes available, your coach will put it, as well as, a Swim Meet Entry Card in your swimmers folder. *The very first thing you should do is to **check the entry deadline**.* Please see the attachment on how to fill out an Entry Card. Read the Meet Sheet carefully the first time you enter a meet. Most of the information is the same meet to meet, so you don't need to thoroughly read it every time. Soon you will be a pro at finding the important information: **location, date, start times, entry deadlines, and entry fees.**

I AM AT THE MEET, NOW WHAT DO I DO?

Check in. The swimmer needs to check in. Before you go to the team area, look for a table. You will probably see a crowd of people and you need to go there – that's Check in.

Why do I have to check in? When you entered the meet 2 weeks ago, you said you were coming, but **on every meet day**, you must let the officials know that you are planning to swim.

How do I check in? Go to the tables. The tables are divided by girls and boys and by age group. When you get to the front of the line, tell the volunteer your name. Once you find your

name, they will highlight the event numbers that you are going to swim. **It's a good idea to have the meet sheet with you when you check in so you know your event numbers. It's also a good idea to write these event numbers on your swimmer's hand with a permanent marker.**

Do not scratch (cancel an event) unless you and your coach have talked about it first. Your coach must approve all changes in events.

Talk to the coach. Once you check in, its time to talk to your coach and get in for warm-up. The first thing your coach will ask you is, "Did you check in?" Be ready to say, "Yes!"

Set up stuff. The team will have EZUps set up for the parents and swimmers. Look for the "MESA Aquatics" red banner.

Sign up for timing assignments. If you have a child swimming, you need to sign up to time. All meets require parent participation. Each lane has three timers. There are usually 6-8 lanes. As a team, we will have to fill 1-4 timing chairs. The timing assignments are usually for one hour slots, depending on how many kids we have swimming in the meet. It is actually the best seat at the meet. You are in a shaded area and you have the best view of the races as they are taking place.

You can choose which hour you wish to time. If, by chance, your time assignment conflicts with

your child's events, just communicate this to ANY parent with MESA and they will help you by either timing for you during your child's event or by making sure your child is where he/she is suppose to be. This is a very common occurrence and should be expected.

How do I know when and where they swim?

As the meet goes on, the events are seeded with everyone who checked in and the swimmers are assigned a heat and lane. These assignments are usually posted approximately a half hour before the event. These are usually posted on a large wall near the pool area. When you check in, you should ask where the posting board will be.

Once your swimmer knows their heat and lane assignment, they need to go directly to their coach and tell them their heat and lane assignment. It is helpful to also write this information on your swimmer's hand so they won't forget. The coaches will make a note of the event and heat so they can watch the race.

After they have "checked in" with the coach, they should be ready to swim by waiting behind the lane they were assigned. The meet is kept on a very tight schedule and is planned down to very few seconds in between each event. It is very important for the swimmer to know where he/she should be and **BE THERE**. The officials will not wait for a swimmer. If your swimmer misses their event, they will not be allowed to swim their next event. This is all done to keep the meet running smoothly.

After your swimmer has completed the event, he/she should ask the three timers of that lane what their time was. This is the time he/she will report back to the coach.

It is important for your swimmer to check back in with the coach after their event so the coach can talk to them about their swim. The coach may also send them into the warm-up pool to practice a certain technique or to warm down.

What is a DQ? After the race, an official might talk to your swimmer about something they might have done or not done, which caused a DQ (disqualification). For example, in backstroke if you flip over on your stomach to see where you are or if your arms go past your waist in breaststroke, or if you do the wrong kick in butterfly (these are common things that cause a DQ) the official will let you know why your time won't be recorded.

Do not worry if this happens, as it is a learning experience and is common to new swimmers. Just continue to encourage your swimmer by letting them know it happens to everyone and they will do better next time.

The first meet is ALWAYS a learning experience, for the parent and the swimmer.

The final results will be posted throughout the day in the same area that the heat and lane assignments were posted. As a parent, you need to keep track of your swimmers times for the next meet. You will always enter their BEST times for future meets. The coaches will also have this information if you need it, but you should also keep your own records.

QUICK OVERVIEW OF MEET

Planning For A Meet

- ❑ Check team calendar for upcoming swim meets.
- ❑ Check for Meet Sheets in file at pool.
- ❑ Talk with coach about which events to enter.
- ❑ Fill out Entry Card and send in ASAP to insure a spot at meet.
- ❑ Check with coach to plan arrival time at meet for warm-ups.

Night Before The Meet

Swimmers:

- ❑ Pack your swim bag with goggles (2), team caps (2), towels (1 per event), and dry clothes.
- ❑ Team apparel – suit, parka, team shirts.

Parents:

- ❑ Packing your ice chest (optional)
 - Beverages (water, sports drinks), fruits, nuts, vegetables, and healthy snacks.
- ❑ Folding chairs, blanket, sunscreen, team shirts.
- ❑ Loud voice and positive attitude.

Arriving At The Meet

Swimmers:

- ❑ Make sure you are on time.
- ❑ Check-in at the sign-in table.
- ❑ Check-in with coach.
- ❑ Check event posting for event numbers.
- ❑ Write event numbers on the back of your hand.
- ❑ Check back with coach and start warm-ups.

Parents:

- ❑ Locate team area and find a spot.
- ❑ Sign up for timing assignment.
- ❑ Purchase meet program, \$2-3 average.
- ❑ Highlight our swimmers.
- ❑ Know your swimmers event numbers.
- ❑ Support all of our swimmers.

During The Meet

Swimmers:

- Stay warm and dry.
- Listen for event numbers.
- Check board for lane assignments.
- Report to coach two events prior to yours and report heat and lane assignment.
- Report to lane.

Parents:

- Do not go in front of the timers.
- Do not talk to officials during events.
- Make sure your swimmers are ready for their events.
- Report to timing chair at assigned time.
- Cheer for all of our swimmers.
- Check official results and record times.
- ASK ANY MESA PARENT FOR HELP!
- Take pictures and send them to www.mesaaquatics.com.