

## What to expect at a swim meet

**What to bring:** Extra towels, sleeping bag, dry clothes, card games, books, permanent marker, a cooler with snacks & drinks (NO GLASS) to make a family evening of it. Label ALL Items with your swimmers name. Avoid bring expensive electronic equipment as these items can easily become lost.

**Arrival Time:** Plan to arrive 15 minutes before the start of warm ups (5:45 p.m. for Home meets; 6:15 p.m. for Away meets). Adjust departures times accordingly. Feel free to arrange car pools with other families.

**Set up in the designated team area:** There will be a designated area for all team members to wait for their events to be called. At home this area is west of the basketball courts. There will be separate areas for 8 & Under Girls and 8 & Under Boys to stay when they are not swimming so they can be easily found and escorted to the starting blocks for their events by an 8 & under parent volunteer. If a child prefers to stay with a parent, that is OK, but you must assist the 8 & Under parent helpers with locating your child for their events. **PARENTS ARE RESPONSIBLE FOR THEIR CHILDREN AT ALL SWIM MEETS.**

**Before the meet begins:** Review the posted heat sheets to identify the events your child has been entered in to swim. Write your child's name and his or her events on your child's arm with a permanent pen or marker. This way your child knows his events and heats and the 8 & Under parent helpers can easily identify your child.

**Warm ups:** Swimmers should be ready to enter the water (with goggles and caps) and lined up behind the designated blocks at the start of warm ups. When warm ups are complete, stay in the team area and be ready to participate in Swordfish team cheers prior to the start of the meet.

### Order of Events (Boys first then Girls)

Medley Relay (Backstroke, Breaststroke, Butterfly, and Freestyle)  
Freestyle  
Breaststroke  
Backstroke  
Butterfly  
100 M Individual Medley or IM (8 & under do not swim this event)  
Free Relay (all Freestyle)

Every age group follows this order of events (distances vary from 25 meters for 8 & unders to 100 meters for 13 & Up). Events begin with 8& Under Boys Medley Relay, then Girls Medley Relay, followed by 9-10 boys and girls, 11-12 boys and girls, 13-14 boys and girls and 15-18 boys and girls. When completed the next event, Freestyle, begins with 8 & Under Boys. In general, it takes about 20 minutes to complete each event for all age groups. As a result, the meet usually lasts about 2 hours. There is plenty of time between events for swimmers to socialize in the team area; however, no unsafe, disruptive or disrespectful behavior will be tolerated.

**Before Events:** Swimmers should keep track of events and begin to locate their gear (goggles and caps) in advance of their event. Proceed to the lane slip table to pick up their lane slip for that event. Line up behind the blocks in the order of upcoming events. Hand the lane slip to the timer . 8 & under parents take care of this for this age-group. Older swimmers are responsible for themselves, but first time swimmers may need the assistance of a parent for the early meets.

8 & under swimmers assisted by Parent volunteers who take care of lane slips and round up swimmers for their next event. Typically they begin looking for their charges when the 13-14 age group is swimming.

**After meets:** Please clean up the team area before leaving the meet. After home meets, a snack food item is served in the snack bar area. **DO NOT LEAVE THE MEET BEFORE IT ENDS UNLESS YOU NOTIFY YOUR COACH.** Last minute changes can result in the need for your swimmer to swim in a Free Relay, even if not scheduled to do so at the beginning of the meet.

## Duties of 8 & Under parent helpers

Ideally we have four (4) Parent Helpers for 8 & Under Girls and four (4) for Boys for each meet. These are volunteer position and your participation and help is needed and appreciated.

8 & Under Parent Helpers are not babysitters; they use clipboards, heat sheets and lane slips collated in the order of events to assist the Team with the younger swimmers. There is one clipboard per lane and one extra helper. Green lane slips are for exhibition swimmers at both home and away meets. Competition lane slips are white at home meets and blue at away meets.

The 8 & Under Parent Coordinator keeps a heat sheet for both the boys and girls in case a coach needs to make a change during the meet. During home meets, Wyoming Swordfish are usually assigned lanes 2, 4, and 6. Away meets assignments are typically 1, 3, and 5. Sometime there are Swordfish swimmers in more than 3 lanes because of the number of exhibition swimmers.

**Exhibition & Competition heats:** Swimmers in exhibition heats swim first, then competition. If swimmers are assigned to other lanes during exhibition heats, it is important to watch what heat is swimming. Sometimes there are empty lanes in exhibition heats, but there are still more heats to go. Swimmers need to be lined up in HEAT ORDER (Exhibition Heat 1-3). If a swimmer swims in the wrong heat, the time may not get recorder properly. COMPETITION SWIMMERS go last.

**At the blocks:** When 8& Under swimmers are lined up, the Parent Helper gives the lane slips for the event to the timers (this can be done while the 15-18 swimmers are in the pool). After the 15-18 event is finished, the timers will then go to the far end of the pool. Make sure the timers get all the lane slips before they go to the other end of the pool. If timers do not have a lane slip, no time will be recorded and no ribbon or team points will be awarded for the effort. For young swimmers, this can be devastating. 8 & Under swimmer who compete in exhibition heats receive “Best Effort” ribbons, whereas place ribbons are awarded for competition heats.

8 & Under swimmers need to stay back away from the starting blocks as they are waiting for their heats. It is also important for them to stay as quiet as possible so the swimmers ahead of them can hear the starter. They are encouraged to watch the older swimmers—it is a great way to learn!

At the starting block before the start, remind the swimmer of the stroke they are swimming and to touch the wall. For freestyle and backstroke, they must touch with 1 hand. Breaststroke and Butterfly require a 2-hand touch. An inadequate touch will get a child disqualified. Per PPSL rules, parents are NOT ALLOWED to stick their hand in the water in an attempt to cushion a backstroke head touch.

**Relay races:** 8 & Under Relays require a little bit more effort and organization. Extra Helpers are always appreciated for relays. One Parent Helper takes the 1<sup>st</sup> and 3<sup>rd</sup> swimmer to the starting block. The other Parent Helper (if available) takes the 2<sup>nd</sup> and 4<sup>th</sup> swimmers to the far end of the pool. After the 1<sup>st</sup> relay swimmer leaves the starting block, the 2<sup>nd</sup> and 4<sup>th</sup> swimmer may enter the water. The 2<sup>nd</sup> swimmer must keep one hand on the wall until the prior swimmer has touched the wall. The 1<sup>st</sup> and 3<sup>rd</sup> swimmers go off the starting blocks and the 2<sup>nd</sup> and 4<sup>th</sup> swimmers start in the water pushing off the far wall. Each swimmer must get out of the water ASAP after they have finished their portion of the relay. If a swimmer lingers in the pool to watch the race, they may cause the relay team to be disqualified from the race. Again, breaststrokers and butterflyers must have a 2-hand touch. The PPSL officials are always watching!

**HAVE FUN AND ENJOY THE 2008 SWORDFISH SWIM SEASON**