

Format of a Swim Meet

Each meet consists of a number of different “events” which include various distances ranging from 25 metres to 1500 metres for older swimmers. They may include freestyle, backstroke, breaststroke, butterfly or Individual Medley, known as IM, which includes all four strokes in the same event. Each event consists of a number of different “heats”. The earlier heats consist of swimmers with slower times or no previous times seen as “NT”, followed by the faster swimmers in the later heats. Swimmers enter events based on their “seed times” which is their best previously recorded time for that particular event. Times are recorded to the hundredth of a second.

For age group swimmers, the first several months of the swim season are known as “short course”. This means the swimmers compete in 25 m pools. For AAA and above qualified swimmers, the long course season starts in January and the swimmers then compete in 50 m pools. For swimmers who are still competing at the AA level, they will compete in the short course 25m pool all season.

If you are new to swimming, don't be afraid to ask lots of questions. Participating in a “Timers or Level 1 clinic” is also a good way to gain an overall understanding of swim meets. Notices regarding clinics will be posted in “Team Events”.

Meet Prep

Meet Attendance Declaration

Please make sure to declare your intent to attend each swim meet on the website BEFORE the sign up deadline. This will ensure that your swimmer is entered in the meet. Parents should review the meet package posted under each meet event once it is available. The meet package gives lots of important information to you, such as pool location, start times, warm up times, and event orders, etc.

Equipment needs

- Minimum of two towels
- Team Deck clothing – sweatshirt or long sleeve tshirt, pants or shorts
- Footwear – Deck footwear i.e. running shoes, or sandals
- Team uniform – SWAT swim suit, swim cap. Consider having a team suit for meets only. Also, an extra swim cap is good to have at a meet.
- Goggles – well fitting goggles. Consider having a spare set of goggles on hand for the meet.
- Food and drink – Healthy snacks and adequate fluids to stay hydrated throughout the meet. PLEASE NO NUTS.

Meet Expectations

Expectations of Swimmers

While your swimmer is at the meet, he or she is under the direction of the coach. Swimmers must check in with their coach at the beginning of each session, and must check out with a coach when they are done their session. The swimmer reports to the coach before and after each race, before going to the parent. The swimmer should always be on the pool deck with their team unless given permission by the coach. This is to prevent the swimmer from missing an event. (Swimmers missing an event may be automatically scratched from all other races on that day.)

Expectations of Parents

Parents will not be allowed on the pool deck except in an emergency. If parents are acting as a swim meet official, the swimmer must still report to the coach and not to the parent on deck. Officials are busy and should not be disturbed in their duties.

You are reminded that swimmers should only go to the parents when they have permission from the coach and parents should not go on deck to their swimmer.

Expectations of Coaches

The coach is only responsible for swimmers for the duration of the pool session. (e.g.: from the start of warm-ups until the end of the events).

At The Meet

Extra Tips for Parents

Pool viewing areas can be extremely HOT and HUMID, so parents and other spectators are advised to wear/bring cool clothing and/or wear layers that can be removed easily. Some parents bring t-shirts and shorts to the meets. A few pools have viewing right on deck so deck sandals are useful for these meets. Other useful items are a highlighter and a pen for the program, a stopwatch, snacks and cool drinks.

You may want to purchase a program when you arrive at the meet so you can keep track of when your child swims. The cost varies from \$3-\$5. It is a good idea to have some cash on hand to buy a program, purchase an item at the canteen, etc. Please note that times on the program are only approximate and can change without notice. Your child should remain at the pool until he/she is finished for the day.