

# What to Expect

## Typical Meet Times

10 and under: 8-11am

11 and older: 12-4pm

Need to be on deck and ready ~1 hour before.

## Admission costs

Swim teams do not charge admission to their events.

## Program

This is the bible of the competition. They cost \$7-\$15 and generally cover the entire competition. In the program each race is assigned an event number. Within each event are heats. The number of heats depends on the number of swimmers. Swimmers are then assigned a lane for each heat. The races are listed in order according to the event number. See example on back.

## Swimmers "crib notes"

It is recommended that you write your swimmers stroke, event number, heat and lane on their forearm so they have a record of their events. For the IM (individual medley), you may want to write strokes in swimming order so they can look during the swim to see what to do next. See example on back.

## "Camping out"

The host swim club usually provides areas or hallways for the swimmers to place blankets on the floor and camp between events. Kind of a home base for teammates.

## Warm-ups

One or more swim team occupies a lane of the pool to warm-up. Warm-ups begin one hour before competition. The swimmers version of gridlock.

## Seating

Seating is limited at best for most indoor sites. The two exceptions are Rochester's Recreation Center and the University of Minnesota. Sit early and sit long.

## Deck

Area surrounding the pool. Only coaches and swimmers and officials are allowed in this area. Teams occupy one area of the deck as a home base. Look for the Med City banner when you enter the pool area.

## When to line-up for event

Swimmers should be on deck and in line about 5 heats before theirs.

## Time between events

Swimmers usually go to the team area or their campsites to rest, play or eat.

## Results posting

Results are typically posted 15 minutes after the event has completed in a nearby hallway for all to see.

## ABC format

Swimmers are categorized using time standards so they compete against others of similar ability. These categories from the fastest are: Zone, Champ, A, B, C. Time standards can be found on the internet and in the meet programs. Meets may be Zone, ABC, BC, or some combination of categories.

## Being disqualified

Every swimmer has been disqualified at one time or another, usually in their first several meets. There are many reasons for this. Possibilities include incorrect kicks, arm strokes, and not touching the wall with two hands at the same time. Many tears can be shed over this. Please remember that it is a learning process and keep a positive outlook.

## Heat and humidity

It may be 30° below outside but you can count on 80° and 80% humidity in the stands. Dressing in layers works best for you and your swimmer.

## Refreshments, equipment store

Every meet has some sort of breakfast, lunch and snack bar as well as equipment retail. You can pick up a hot dog and new goggles in one stop. No worries if you forget something.

## Med-City Line

**254-2109** Call if you are concerned about the weather or any last minute changes. Meets are rarely canceled and usually it is up to you to decide if it's safe to drive. Tell the coach or someone else going if you are not coming to the meet.

## Helpful Resources

Mike Schumacher 273-7370

MedCityAquatics.org

USSwim.org

MNSwim.org

Intelliswim.com (PDA software)

## What to Bring

Pack the night before. It will be an early start if you have young swimmers. Make sure you bring: team suit, cap, goggles, sandals, warm-up type clothes (between events), water bottle, shampoo (shower after), and change of clothes.

Markers: Sharpie type used to write event, heat and lane numbers on the swimmer's forearm so they can keep track of their events.

Highlighter: To highlight your swimmer and teammates in the program.

Blankets: If you need a base for camping.

Towels: 2 or 3 seem to be the number needed.

Snacks: Whatever your swimmer likes. The refreshment stand may not have what you want.

Cooler: For snacks and drink if needed.

Books, Games: To pass the time between events.

Folding Chair: Only if you don't want to sit on the floor at a hallway campsite.

## Car Pooling

If your child needs a ride to or from a meet, many parents are willing to help out.



Warm-ups

<u>Event 132 Girls 9-10 100 LC Meter Butterfly</u>				
MN LC	1:15:15	1991		
1:17:59	T16			
1:26:99	Zone			
1:38:69	CH			
Lane	Name	Age	Team	Seed Time
Heat1				
	Finals			
3	Kim	9	MCA	1:36:69
4	Lynn	9	NLA	1:36:82
5	Teri	10	MCA	1:35:90
Heat2				
1	Mary	9	FOXJ	1:32:69
2	Allison	9	MCA	1:31:43
3	Katie	10	DL	1:26:48
4	Melissa	10	STAR	1:23:40
5	Cathy	10	BUR	1:23:47
6	Julia	10	FOXJ	1:29:99
7	Ahna	9	MCA	1:32:22
8	Becky	10	MGC	1:33:95

Program Example



Example of what to write on forearm



*Med-City Aquatics*

## Parents Guide to Competitions



**Dive Right In!**