

SWIM MEET INFO



FEES

Meet fees are varying for each individual meet, but generally you can expect the following fees:

- \$3 OSI fee
- \$13+ pool fee
- \$4+ ea individual race fee
- \$12+ relay fee
- \$7 away meet fee

Accounts are usually invoiced AFTER the meets & due on the next month's bill. Championship meets may be billed BEFORE the meet.



PRACTICE REQUIREMENTS

All swimmers are required to maintain a certain level of attendance before being allowed to race at meets. Attendance is based on the 4 weeks prior to the entry deadline.

- Fundamentals - Novice 2**
66% attendance
- Novice 3**
75% attendance
- Junior**
80% attendance
- Senior**
90% attendance



SWIMMER EXPECTATIONS

All swimmers are expected to arrive 15 minutes before warm ups, & ready to get in the pool at start time. Swimmers are to wear their team swim caps & to wear a swimsuit of their choice in our team color (navy blue). Swimmers are responsible for getting themselves to the blocks BEFORE their races & to check in with their coach AFTER their race. When a swimmer's races are done they may leave, but they must notify their coach of their departure.

HELPFUL TOOLS

SWIMOUTLET.COM
GREAT SITE FOR SUITS & GEAR

MEET MOBILE APP (\$)
APP FOR MEET RESULTS & TO SEE KIDS TIMES

USASWIMMING.ORG
REGISTER SWIMMER HERE
(TEAM REQUIREMENT)

ONDECK APP (RED)
APP FOR TEAM UNIFY
WEBSITE

SWIMMETRY (\$)
APP FOR MEET RESULTS & TO TRACK KIDS TIMES

WHAT TO BRING

A quick list of things that swimmers should bring to a swim meet include:

- swimsuit in team color & team swim cap
- goggles (& back up pair)
- towels (1 for warm ups & 1 for each race)
- healthy snacks (leave sweets & soda at home)
- water bottle
- sharpie & highlighter
- entertainment (books, card games, etc things that are ok to get wet)
- swim parka/bathrobe to wear between races to keep warm

HELPFUL TERMS

IM/Individual medley

A race where the swimmer swims all 4 strokes.

DQ/Disqualified

A swimmer's time is not recorded due to infraction of stroke rules.

False Start

A swimmer leaves the blocks before the horn.

NT/No Time

A swimmer does not have a recorded time for an event.

Relay

A swimming event where 4 swimmers each swim a leg of the race

SHORT COURSE VS LONG COURSE

A swim meet year is broken into TWO seasons: short course & long course. Short course season runs from September to March, & races are measured in 25 yard lengths. Long course season runs from April to August & races are measured in 50 meter lengths.

HEAT SHEETS

Heat sheets are the order in which a swim meet will be carried out. It lists the events (race), heat (the group of swimmers of an event), and the lane your swimmer will be swimming in. Our team emails out the heat sheets to a meet the day/night before the meet. It is good to print out a copy for your swimmer so they can make note of their events. In some rare cases, heat sheets can change so it is always good to check the heat sheets posted at the meet with your copy.



MARK IT UP

You will see many kids at the meets with their arms (or legs) marked up with numbers. This is a way to help them remember their races for a meet. Older swimmers will mark themselves, while coaches will help younger swimmers if their parents do not know how.

The example at right shows how to mark your child with their meet info. (E is for Event, H is for Heat, and L is for Lane).

E	H	L	
11	2	4	50 breast
16	4	6	100 back
22	3	3	100 IM