



Swim Meet Procedures.....

What to Expect!

Parent Responsibilities:

A meet itinerary will be posted on the Fast Lane website approximately two days prior to the first day of the meet. Warm-up times will be designated in this information as well.

Parents need to bring the following to the meet so you have a pleasurable experience:

Canopy (Pop Up) 10x10 for shade. (optional)

Portable Outdoor Chairs for everyone in the family.

Sun Tan Lotion

Bottles of water (There is usually a concession area)

Sun Glasses

Fruit and Healthy snacks for the family

Wear a hat.

Bring ponchos (just in case of rain)

Camera

High-Lighter and Pen

Activities to keep your children that aren't swimming occupied.

Bring Parkas or Sweats for swimmers during cold weather.

2 towels for each swimmer

Change of clothes for after the meet

We usually wear our Fast Lane shirts to show team spirit.

Goggles, Swim Suit, Fast Lane Swim Cap (If you need a cap, see Kelley Lillo pklillo@cfl.rr.com on deck) Cost: \$12

Crocs or flip flops for swimmers feet

Positive Attitude!

Swimmers are required to be at the pool one hour and fifteen minutes prior to the start of the meet for the warm-up. Once your child has reported to the coach you will have some free time for yourself.

The best thing to do at this point is to locate and acquire a **HEAT SHEET**. This is the list of all swimmers by event and heat number. With this information you will know exactly to which event, heat, and lane your child is assigned. It also includes the entry time for each swimmer in the heat. Swimmers are seeded in each heat according to their entry time (usually the swimmer's fastest time). You will notice that the fastest swimmers are assigned the center lanes, and the slower swimmers the outside lanes. The first heat will include the slower swimmers and the final heat will have the faster swimmers. It is recommended to bring a High-Lighter to the meet so you can mark each of your child's swims. Many Children also write the Event, Heat, Lane, and Swim on their arm or leg to help them remember where they need to be.

Once warm-up is completed the swimmers are on their own until their event is called by the announcer. As a parent of a younger swimmer, you will be responsible for watching your child and having them available when their event is called. Have your child report to their coach prior to each event shortly before the time to swim. After speaking with the Coach, you should have your child go to the designated area behind the starting blocks. Make sure your child lets the timer know that they are checking in. Once the heat before your child dives in the water they should maneuver behind the block for their heat. Immediately following each swim and before reporting to the parent, each child should again report to the coach for a critique of the swimmer's performance. At this time the coach may point out strong points or things in which the child can improve. This immediate feedback is critical to technique development.

As the meet progresses, the results will be posted on a wall in the pool area. It is recommended that the time be recorded soon after it is posted. You may wish to record in the time in your heat sheet. Remember, if your child achieves a new "best time" in an event, you will need that information for future meets. If the swimmer was disqualified you will see "DQ" posted instead of a time. This means the swimmer violated one of the technical rules, such as improper turn, stroke, or touch. No time will be posted for such an event. Please be aware that a "DQ" is often upsetting for a swimmer and a parent's encouragement and support are absolutely necessary at these times. Make sure the swimmer talks with the coach about their disqualification so that it becomes a learning experience.

Ribbons and medals won in a meet are picked up by a team representative and distributed to the swimmers at the next practice. Or, depending on the meet, they can be picked up by the swimmers at the awards table at the conclusion of the meet. A frequently asked question is "What do you do to place?" To place, a swimmer's time must be among the top swimmers in the entire event (check the meet information to see how many places are being recognized in a particular meet). Winning the heat and placing are not the same thing. When the event is over, all times from all heats are compiled and the results posted.

The above information should be especially useful to parents of new and younger swimmers. Please note that for Fast Lane sponsored meets, a parent's responsibilities extend beyond just watching their child. You will also be asked to help run the meet. All parents can offer to help by at least timing a lane. It is not difficult nor requires previous experience.