

ALL ABOUT SWIM MEETS

IMPORTANT!! Please be sure to e-mail, text or call the Head Coach if your swimmer is sick on Friday night or Saturday morning or for any other emergency that will prevent you from attending the meet so that we can adjust our meet entries. The sooner we know of an absence, the easier it is to make any necessary adjustments.

THE WEEK PRIOR TO A MEET

- **Declare your swimmer's availability as early as possible so the coaches can create the meet lineup!**
- Visit www.lf2dolphins.org and sign in to your Swimtopia account
- Click on the "Meets & Events" tab
- Scroll down to each meet and click the button for "Meet Entry"
 - This is where you "declare" whether your swimmer will or will not attend that meet and if they are available for early/late relays (or both)
- Scroll down to each meet and click the button for "Job Signup"
 - This is where you sign up for your volunteer shifts. Please remember to sign up for your meet jobs and a social job!
 - You are responsible for making sure someone from your family completes your volunteer shift at the meet. You can do it yourself or appoint mom, dad, grandma, your older responsible teenager, Uncle Bob or Aunt Sally. We need every family to pitch in to make sure our meets run smoothly!

THE NIGHT BEFORE A MEET

- Label everything! Team shirts, caps, goggles, bags, towels, etc.
- Pack up your swimmer's bag and your car.
- Have your swimmer eat a healthy dinner and get some sleep!

WHAT TO BRING TO THE MEET

- **Your child** in their Dolphins suit and with sunscreen already applied.
- **Goggles & Cap.** These are the number one and two items that are forgotten and can cause a lot of stress, especially for a new swimmer. Please label them!
- **Towels.** Please label with your child's name.
- **Chairs/EZ Up.** Create a "home base" for your family and friends!
- **Toys/Games.** There is a lot of down time between events, so we recommend games or toys for your swimmer to enjoy while they rest between events.
- **Snacks.** If you forget to pack healthy snacks for your swimmer to munch on, the Dolphin Diner is open at home meets!
- **Water.** Keep your swimmer hydrated!

WHEN YOU ARRIVE/BEFORE THE MEET STARTS

- **HOME MEETS – Please enter through the side gate.**
- **Parking.** It fills up quickly! Plan extra time for finding parking and walking to the pool. For home meets, parking is also available on Lake Forest Dr.
- **Check in your swimmer** no later than the scheduled check-in time. Your swimmer will check in at the table and have their last name and number written on their arm. Their number does not change throughout the season. You are welcome to mark your swimmer's arm beforehand using a Sharpie. Fresh sunscreen smears Sharpie so make sure to apply sunscreen before you arrive or take care not to smear the marking.
- **Warm Ups.** On-time swimmer check-in is important so that all swimmers will be body-marked and ready to warm up when it's their turn.

- **Check the Line-up:** Lineup boards are posted to display the events your child is swimming that day. Meet sheets and pencils are available to write down your swimmers' lineup.
- **Volunteer Check-In.** All volunteers should check in and wear their name tag. These can be picked up when checking in with the Volunteer Coordinators.
- **Volunteer Assignment Meetings.** Please listen to the Announcer for pre-meet meetings that will take place for certain volunteers. All 'on deck' positions will have a pre-meet meeting, and all first- and second-half volunteers will need to attend the meeting.
- **Meet Mobile** app on iPhone and Android phones is used at most meets to track results. There is a brief lag between finish time and posting to Meet Mobile. Official times are uploaded to our online system and viewable through your SwimTopia account.

THE MEET

- All meets start with the singing of the National Anthem
- 5/6 and 7/8 swimmers will meet at the staging tent where our wonderful staging volunteers will get them lined up and transported to the correct lane for their events.
- Older swimmers are responsible for getting to their lanes in time to be prepared for their event.
- **Individual events** are typically split into two or more heats. Heat 1 is the Official Heat and scores points for the team. The remaining heats are unofficial. All heats are important because they are good experience give the swimmers an opportunity to improve. There is no stigma in swimming an unofficial heat. Parents are encouraged not to say anything about team points and unofficial heats unless the child specifically asks about them.
- **Relay Events-** In each relay, teams of four swimmers compete with each person swimming the appropriate number of laps. In the **medley relay**, each swimmer has a different stroke, back, breast, fly, free. In the **freestyle relay**, all swimmers perform freestyle. **DO NOT LET YOUR TEAM MATES DOWN!** If you are not in your lane ready to participate, the other three members of the relay team cannot swim, and may lose eligibility for League events later in the season! **PLEASE BE CONSIDERATE** of the rest of the relay team and get to your lane in plenty of time. **If a swimmer must leave a meet early and cannot participate in an assigned race, please notify the coaches immediately so another swimmer can take your place.**
- The event order is as follows. All events are run youngest to oldest, with girls followed by boys in each age group.
 - Medley Relays
 - Freestyle
 - Breaststroke
 - Butterfly
 - Backstroke
 - Freestyle Relays
- We have a 'half-time/shift change' after event #37. The Parent Relay is held during this break. Parent Relays are fun and the kids love to watch the grown-ups having fun!
- Ribbons are awarded to the top 6 swimmers with the fastest time across each heat. Ribbons will be placed in your family folder by the Wednesday following the meet.
- You are free to leave the meet once your swimmer is done swimming their events AND your volunteer shift is also complete.

POST-MEET

- Please remember to clean up after yourselves and your swimmers! Help out by picking up trash, even if it's not yours. We need to be sure that we leave the grounds in the same or better shape than how we found it.
- Check your SwimTopia account for your swimmer's results and improvements.
- Be sure to check your family folder the following week for your swimmer's ribbons!