

Middle School Swim Meets

(What to expect)

Swimmers

- Coach Kathy does the meet entries, who will be swimming in each event, heat and lane.
- Changes may be made before the meet starts because of illnesses/absences of other swimmers.
- Notify Coach Kathy ASAP if your child is unable to compete. Absences affect the entire team and cost the team points!
- All swimmers must travel on the team bus to the meets unless cleared through Coach Kathy.
- All swimmers are expected to come prepared to swim: SUIT, CAP, GOGGLES!
- Swimmers will be told the official line-up the day of the meet. Once again, these are not set in stone.
- Swimmers should stay with the team. NO PLAYING IN THE LOCKER ROOMS!
- Swimmers should not be in the bleachers with parents. Stay with your teammates.
- It is very important that swimmers keep track of what event we are on. If you miss your event, you will scratch and cost the team points.
- Get time card from Bullpen Volunteer and go to your lane for your event. Pay attention to the starter and the lane timers.
- Go see Coach Kathy after your swim.

Parents/Volunteers

Parental Support is the foundation of a successful meet. Parents are needed in many areas for the team and meet to function successfully. Everyone has something to offer. Please volunteer. The jobs are easy to learn. Volunteers need to arrive at least 30 minutes prior to the start of the meet.

- Timers: Times swimmers in the lane you are assigned and records the time on the time card. Two timers will be assigned to each lane. A meeting will be held before the meet to explain the timers' responsibilities and to hand out stopwatches.
- Head Timer: Runs two watches for back-up, in case of malfunctioning watches or in the event a timer does not start the watch properly.
- Finish/Place Judges: Watches and records the finish of each race. Only lane numbers are written down.
- Computer/Scorer: Enters the finish times into the computer. Someone will show you how the system is run.
- Runner: Collects Time Cards from timers, finish judge slips and takes them to the computer/scorer.
- Bullpen Time Card Volunteers: 2 volunteers needed to hand out time cards to swimmers before their events. Time cards have the swimmer's name, event number, name of the event, heat, and lane. Spaces are on the card to record times.
- Stroke and Turn Officials: Observes swimmers in the water to make sure strokes are legal. You do not have to be USA Swimming certified to volunteer, but must have knowledge of stroke and turn rules.

The Race Sequence

- Swimmer gets time card from Bullpen Card Volunteer.
- Swimmer reports behind the blocks
- Swimmer hands time card to timer
- Before the swimmer steps to the blocks, timer verify that the correct swimmer is swimming in the correct heat and lane
- Timers clear their watches.
- Goggles and cap are on and swimmer is ready to go!
- Starter calls the swimmers to the block. "Event 5, 50 Back", "Swimmer step up", Blows whistle, "Swimmer take your mark", Buzzer for the start of race.
- Timers start watches with buzzer.
- Timers stop watches when swimmer touches wall.
- Timers record time
- Runner collects time cards and place judge cards and takes to the computer desk.
- Starter announces next event.

Order of Events

Girls	Event	Boys
1	200 Medley Relay	2
3	200 Free	4
5	50 Back	6
7	100 Free	8
9	25 Free	10
11	25 Back	12
13	50 Breast	14
15	50 Fly	16
17	100 IM	18
19	50 Free	20
21	200 Free Relay	22

Each event has 2 Heats.

Each team has the same 3 lanes for the entire meet. One Team has Lanes 1, 3, 5.
The other team has Lanes 2, 4, 6.

Earplugs are a good thing! Indoor pools are loud!