

SWIM TEAM 101:

Swim Meet Information

When and Where?

We have 4 home meets and 2 away meets this season. All of our meets are on Tuesday evenings except for one Thursday July 6th.

What time do they start and how long will they last?

All meets start @ 5:30 PM. Warm ups typically begin at 5 PM. Coaches will ask swimmers to arrive ~4:30 PM to find their coaches, get set up, and figure out their events prior to warm ups starting.

How long do they last and do we need to stay for the whole meet?

Depending on the size of the teams competing, a meet can last anywhere from 2.5 to 3 hours. New Sherwood is one of the larger teams in the league. 6 and Under swimmers compete in the first event of the meet @ 5:30 – freestyle relays. Events then progress from youngest to oldest in each of the following: Freestyle, Butterfly, Individual Medleys, Backstroke, Breastsroke and Medley Relays. 6 and Under swimmers are finished after backstroke, which is just past the halfway point. 7 and Older swimmers compete all the way until the end finishing with Medley relays to end the meet. You are free to leave once your swimmer finishes their events, but we encourage you to check with the coaches to be sure they are not entered in any more events before you leave.

What happens during a thunderstorm at a meet?

In the event of a thunderstorm, a meet may be temporarily delayed. Families will be asked to clear the pool deck and return to their cars until it is safe to restart the meet. Games books and movies in the car are especially good distraction during these times. If a meet has progressed past the half way point (Individual Medley completion) and cannot resume that evening, than a meet can be called as final. If it has not, than it will be rescheduled for another evening.

What do we need to bring?

The 4 basics, of course– swimsuit (team suit is not required but encouraged for unity), goggles, swim cap, and a towel. Sunscreen is recommended. Loungers and deck chairs are available but due to crowd size, may not always be available, so we encourage you to bring your own chairs. Also encouraged are coolers for drinks and snacks. All meets will serve concessions (selections may vary by pool, but typically include some type of dinner items, as well as chips, fruit, candy and drinks), so cash is preferred. Games, coloring books or toys without small parts are helpful in providing distraction for little ones during long waits.

How will I know what events my child is swimming?

A heat sheet will be available and distributed via our Remind text system for your review before arriving at the meet. Hard copy printed heat sheets will be available at the meet for you and an entry board will be posted - broken down alphabetically for a snapshot of each swimmers entries. We encourage arm (or leg marking) on each swimmer with this information as well as which heat and lane they are in (all of this information can be found on the heat sheets). Coaches and Stingray Zone parents will assist in this.

What is the Stingray Zone?

This is a designated area under shade tents that we rope off to corral all 10 and under swimmers. We provide games (card games, board games, etc...) to keep their attention and ask that you encourage them to always return to this area after they finish swimming in their event. We ask for parent volunteers to man this area at every one of our swim meets. These parents will ensure children are safe and they will help line them up for the coaches for upcoming events. Coaches will assist swimmers from here to the start line before their events.

Why is my child swimming in a relay with older children?

Sometimes a child will swim “up” in age group to fill an empty spot in an older relay. Children are allowed to swim up in age, but never down. It is not common but does occasionally happen