

SWIM TEAM 101:

Swim Meet Information

WHEN AND WHERE?

We have 3 home meets and 3 away meets this season. All of our meets are on Tuesday evenings except for one, Thursday, June 17th. Please note, that week we have 2 meets.

WHAT TIME DO THEY START AND HOW LONG WILL THEY LAST?

All meets start @ 5:30 PM. Warm ups typically begin at 4:30 PM. Coaches will ask swimmers to arrive ~4:15 PM to find their coaches, get set up, and figure out their events prior to warm ups starting.

WHAT AGE GROUP IS MY CHILD IN?

Your child's age group is determined by their age on May 31st. They will remain in this same age group for the entire season, regardless of whether they celebrate a birthday during the season.

HOW LONG DO THEY LAST AND DO WE NEED TO STAY FOR THE WHOLE MEET?

Depending on the size of the teams competing, meets can last 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 the following order: freestyle, butterfly, individual medleys, backstroke, breaststroke 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 at the end of the meet. You are free to leave once your swimmer finishes their events, but you MUST check out with the coaching staff to be sure they are not entered in later 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 distractions during these times. If a meet has progressed past the halfway point (individual medleys or "IMs" completion) and cannot resume

that evening, then a meet can be “called” as final. If it has not reached the end of the IM events, then 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. Deck chairs will be set up, 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 sell 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. The pool is NOT open for recreational swimming during meets.

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 in the Stingray Zone - alphabetically for a snapshot of each swimmer's entries. We encourage arm (or leg) markings 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. This year, our Stingray Zone will be off of the deck (either on playground/basketball courts or tennis courts) to reduce crowding on deck. We provide games (card games, board games, etc...) to keep their attention and ask that if you see your child after their event, to they ask them to always return to this SZ area after they finish swimming. We ask for parent volunteers to man this area at every one of our swim meets (home and away). *10 and under parents will be responsible for signing up for at least one meet in the Stingray Zone.* Parents will sign up for a specific age group gender (ie. 7-8 Girls or 6U Boys) and these parents will ensure children are safe and will help gather them for upcoming events to take to the Clerk of Course benches. Coaches or COC workers will assist swimmers from there to the start line before their events. A child sitting with you can easily miss their event, so we need all parents' help to ensure their children return to the SZ after 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.