

**How a Meet is Run at SHRC
OR
“What I Wished I Knew My First Year as a Swim Team Parent”**

Parents will let the coaches know if their swimmer is missing a meet through the MEET SELECTION option in our TSA Swim Team Manager software no later than the Friday before a meet.

For home and away meets, swimmers arrive at 4:45. At home, warm-ups begin at 5:00. At away meets, warm-ups begin at 5:30.

Families donate concessions for all home meets. Details on website:
http://www.scottishhills.org/swimteam/meet_info/meet_info.html

Upon arrival, swimmers report to a coach or volunteer to get *numbers on arms. This will be by the ping pong table at home and varies at away meets (look for our volunteer sign in area).

(*At the beginning of the season, each swimmer is assigned a unique number which includes their age group. This will be their number for the whole season. For example, if John's number is 7M12 it means that John swims in the 7-8 male age group and is assigned the number 12.)

Swimmers are organized into the following age groups: 6 & under, 7-8, 9-10, 11-12, 13-14, and 15-18.

Events run in the following order: Individual Medley (IM) Relay, Freestyle, Backstroke, Breaststroke, Butterfly (Fly), and Freestyle Relay (Free Relay).

Scottish Hills lanes are 25 yards.

The distance for 7-8's and 9-10's is 25 yards.

The distance for 11-12's through 15-18's is 50 yards.

Heats are ordered by: Main, 1st, 2nd, 3rd, 4th, etc...

Boys swim prior to girls.

Home teams swim in odd lanes 1, 3, 5, and 7 with the exception of the main heat which only uses 3, 5, and 7.

Away teams swim in even lanes 2, 4, 6, and 8 with the exception of the main heat which only uses 2, 4, and 6.

Team points are earned during main heats only. Relays only have main heats. 6 & under do not swim relays. First place is 5 points, second place is 3 points, and third place is 1 point. In a relay, only the first place team earns points – 5. In case of a tie, place points are added together and split evenly.

Swimmers are ordered into heats based upon their last meet's time with some subjectivity. We do not average swimmers times.

6 & under swimmers may only swim in two main heat events. All other age groups may only swim in 3 main heat events (excluding relays). This is the responsibility of the coaches to ensure.

Lanes are given priorities – at home, lane 5 will be the fastest swimmer, then lane 3 and 7 respectively. Away meets, lane 4 is the fastest swimmer, then lane 2 and 6 respectively.

All SHRC swimmers may swim all individual stroke events. Other super-sized swim clubs limit the number of strokes a swimmer may participate in for the sake of time.

Swimmers times are recorded as they exit the pool after each event using a unique numbering system which is written on each swimmers arm at the beginning of a meet.

At SHRC, the clerk of course is physically set up in the corner nearest the diving boards. There will be 2 adjacent areas, one for boys and one for girls, with 3 benches lined up horizontally behind one another for the swimmers to sit on. Even at away meets, we will organize clerk of course in the same manner.

Throughout the meet, the announcer will request the appropriate age groups to report to clerk of course. Clerks often line up swimmers, and need to line up swimmers, ahead of the announcement. Swimmers should begin making their way to clerk of course when they hear the announcement for the age group *prior* to them.

Relays

The weekend before a meet, coaches form relay teams. The number of relay teams formed will be determined by the number of swimmers per age group. The relay teams are labeled Relay A, Relay B, and Relay C (if enough swimmers). Relay A is the most competitive team and is selected based on swimmers times. Relay C, or in some cases, Relay B, will rotate swimmers through so that all swimmers will be able to participate in relays during the season. Relay swimmers naturally shuffle between relay teams as many swimmers times improve over the season as well as due to swimmers missing meets.

Relay teams will be announced on Monday prior to a Tuesday meet via email.

The IM Relay stroke order is: Back, Breast, Fly and Free. It is the first event of the meet.

The Free Relay is all freestyle. It is the last event of the meet.

Relays only have main heats.

6&U's do not swim relays.

The distance for 7-8's and 9-10's is 25 yards.

The distance for 11-12's through 15-18's is 50 yards.

For the 7-8's and 9-10's the first and third swimmers (backstroke and fly in medley) will be escorted by kid pushers to the side of the pool with the diving blocks; the second and fourth swimmers (breast and free for medley) will be escorted to the opposite side of the pool. This is not necessary with other age groups as they swim 50 yards.

The first event of a swim meet is the 7-8's Individual Medley Relay. It is also the most time *constrained* and *time consuming* event to line up. 7-8 Boys, especially, and 7-8 girls will report to clerk of course immediately after the cheering at home meets or immediately after warm-ups at away meets. Swimmers must be lined up at their lanes as described above PRIOR to the National Anthem. Since there is only a single main event, age groups report to clerk of course in quick succession. Parents please, please be aware of the time and help your swimmer make it to clerk of course in time.

Rain Delays or Late Running Meets

TSA Reps from both teams, not the team coordinator or coaches, determine together, whether to delay or cancel a meet. If a meet is cancelled, the inclement weather date is the next day, Wednesday, at 6:00pm.

Swimmers will not be allowed in the water for a minimum of 30 minutes after the last flash of lightning or clap of thunder.

Swimmers are expected to stay until a meet is cancelled especially if he or she is participating in the Free Relay. If a Free Relay swimmer leaves, their absence has a ripple effect on the entire age group's relay participation. If a swimmer leaves, they must tell the Head Coach (Coach Michael) **ONLY**, of their absence and remind him if they were participating in a relay. If a swimmer leaves without personally notifying Coach Michael **ONLY**, their participation in future relays may be impacted. If you have notified Coach Michael prior to departing, your participation **will not** be impacted.

We understand that not all swimmers can stay and the intent is not to penalize a family for the difficult choice they need to make, but to allow us time to find a substitute or contact the other relay team families impacted so that they may leave the meet as well if their only reason for staying was the Free Relay. It is not fair to the other swimmers to wait it out only to find out their team is scratched.

A meet is considered complete on the originally scheduled evening if *all main heats through breaststroke* have been completed. In the event of threatening weather, the TSA reps may choose to run a "main heat only" meet through breaststroke to increase our chances of completing the meet. If the weather is cooperating, after the main heats for breaststroke have finished and the meet is official, we will return to the first non-main heat scheduled event, Boys 6&U Backstroke Heat 1, and run the meet from this point. If you have main heat swimmers in multiple events, the swimmer will need to report *immediately* back to clerk of course as soon as they complete each event in order to be lined up for their next main heat.