

NEW (Or NOT SO NEW) PARENTS SURVIVAL GUIDE TO SWIM MEETS

Welcome to the Blue Ridge Swim Team! We hope you enjoy this swim season. Here are some tips to take some of the chaos out of the swim meets.

Before You Arrive:

- If it is an away meet, visit <https://blueridge.swimtopia.com/maps-to-pools> and find directions to the pool.
- For away meets, plan to arrive at about 5 p.m. to make sure your swimmer is ready to dive in the pool for warm-ups at 5:30 p.m. Parking can be crowded, plan to park a few blocks away. For home meets, plan to arrive at about 4:30 p.m. for warm-ups at 5 p.m.
- If you have swimmers in the 8 & under or 10 & under age groups, make sure you know which parents have volunteered to coordinate the girls and boys in each group.

Packing suggestions for swim meets:

- If it is a home meet, please bring your donation to the concession stand
- Suit, cap, goggles for each swimmer
- Towels -- Particularly if it's cool or rainy, bring extra towels.
- Warm parkas or swim coats
- Change of clothes for after the meet
- Picnic Blanket for sitting on the ground. Some people bring folding chairs as well.
- A sleeping bag or blanket -- Depending on weather, swimmers nestle inside or sit on top of them between races
- Visors or sun hats
- Sunblock
- A fine point Sharpie pen for writing race info on your hand and your swimmer's hand
- Cash for concession stands (food is sold at ALL meets) or your own dinner/snacks from home
- Especially for younger swimmers, games or entertainment for the long breaks between events.

When You Arrive:

- If it's a home meet, please drop off your donation to the Blue Ridge concession stand.
- At home meets, Blue Ridge swimmers usually sit on the north side of the pool, 8 & Unders gather in the party room. At away meets, it's usually obvious where Blue Ridge swimmers have set up camp; just follow the crowd. Sometimes Blue Ridge will have tents for the swimmers to congregate under and around.
- 8 & Unders, and sometimes 10 & Unders, congregate in the same place on the pool deck on a particular blanket. When you arrive at the pool, take a moment to find this space and park your child near there.
- If you have an 8 & Under or 10 & Under swimmer, find your child's parent coordinators. These coordinators are key people for you and your child to know because they will ensure that your child does not miss his or her events.
- Locate the line-up sheets showing who is swimming in which race. At home meets, those sheets are usually posted on the windows near the pool office. At away meets, they will be posted on a wall or fence somewhere near where Blue Ridge swimmers have congregated.
- The line-up sheets will show your child's name, event number, heat, lane, and, if it's a relay, it will show their position. It will look something like this (below). This information tells you that Jane Smith has two races. The first is Event #15, a Medley Relay*, in which she is swimming the breast stroke (2) in Heat 3, Lane 2. The second is Event #25, in which she is swimming the free style in Heat 5, Lane 3.

Jane Smith

#15 Medley 3/2 (2)

#25 Freestyle 5/3

- It is always helpful to write your child's events on his or her arm with a fine point Sharpie pen (the fat ones do not write as legibly). Your child will know which events she is in, and other adults can help your child if they don't know where to go. You may also

want to write this information on your own hand or arm. You will have the information readily available and will not have to worry about losing a piece of paper.

- After you've determined your child's events, think about when your child will have time to eat dinner. Some families serve their kids an early dinner; others wait to eat when they have a relatively long break between events. Whichever times works best for your swimmer, try to make sure they eat some relatively healthy food before they dig in to the many sweet treats available at every meet.

When the Meet Starts

- All swimmers, no matter what age, should start thinking about getting to their next event 5 events ahead of time. The number of the current event is located behind the diving board.
- The 8 & Unders and 10 & Unders MUST gather with their coordinators 5 events ahead of time. Our experience is that it takes this long to organize the younger swimmers. Please comply with this instruction, even if you feel that you could comfortably get your own child to the blocks later. If your child does not check in with the coordinators, they will frantically search for your child, and you will have caused undue anxiety for many people.
- After the coordinators have ensured that everyone is present, they will lead the swimmers to the staging area. At that point, the clerk of the course will make sure that the swimmers are lined up on rows of benches in order of event, heat and lanes. Please do not bring your own child to the staging area and clerk of the course. It is much easier for the clerks to work through the parent coordinators.
- You may stand with your child near the starting blocks or wait for them at the opposite end of the pool, but if you do so, please be conscious of staying clear of the timers.
- Throughout the meets, your child can usually collect ribbons for each of his or her events. At Blue Ridge, volunteers distribute ribbons upstairs in the clubhouse.
- Enjoy watching your child swim and enjoy the company of your Blue Ridge neighbors!

*A Special Note on Relays

Relays can be confusing! There are 4 swimmers in one relay. There are 2 different relays.

- **Medley Relay**

- The order of strokes is: Backstroke, Breaststroke, Butterfly, Freestyle/Crawl
- **8 & Unders and 10 & Unders Medley Relay**
 - Each child swims one stroke 1 length of the pool. The swimmers who are swimming Backstroke and Butterfly will be at the deep end of the pool where the starting blocks are. The swimmers who are doing Breaststroke and Freestyle will be in the shallow end and start in the water. They can get in the water once the swimmer at the other end of the pool has dived in.
 - Parent coordinators will facilitate getting the swimmers to the correct end of the pool with the help of other parents. Parents are welcome to stay with their swimmers, especially the young ones. Just follow the instructions of the parent coordinators.
- **All Other Age Groups Medley Relay**
 - Each child swims one stroke 2 lengths of the pool. Everyone starts off the starting blocks.

- **Freestyle Relay**

- all swimmers swim freestyle/crawl
- **8 & Unders and 10 & Unders Freestyle Relay**
 - Again each child swims one length of the pool; all swimmers swim freestyle/crawl. Two swimmers start at each end of the pool, with swimmers 1 and 3 at the deep end and swimmers 2 and 4 in the shallow end.
- **All Other Age Groups Freestyle Relay**
 - Each child swims two lengths of the pools; all swimmers swim freestyle/crawl.

▪ ORDER OF SWIM MEET EVENTS

EVENT #		EVENT #		EVENT #	
1	Girls 14 & U 50 Free	25	Girls 8 & U 25 Free	49	Girls 12 & U 50 Breast
2	Boys 14 & U 50 Free	26	Boys 8 & U 25 Free	50	Boys 12 & U 50 Breast
3	Girls 18 & U 50 Free	27	Girls 10 & U 50 Free	51	Girls 14 & U 50 Breast
4	Boys 18 & U 50 Free	28	Boys 10 & U 50 Free	52	Boys 14 & U 50 Breast
5	Girls 8 & U 100 Medley Relay	29	Girls 12 & U 50 Free	53	Girls 18 & U 50 Breast
6	Boys 8 & U 100 Medley Relay	30	Boys 12 & U 50 Free	54	Boys 18 & U 50 Breast
7	Girls 10 & U 100 Medley Relay	31	Girls 14 & U 100 Free	55	Girls 8 & U 25 Fly
8	Boys 10 & U 100 Medley Relay	32	Boys 14 & U 100 Free33	56	Boys 8 & U 25 Fly
9	Girls 12 & U 200 Medley Relay	33	Girls 18 & U 100 Free	57	Girls 10 & U 25 Fly
10	Boys 12 & U 200 Medley Relay	34	Boys 18 & U 100 Free	58	Boys 10 & U 25 Fly
11	Girls 14 & U 200 Medley Relay	35	Girls 8 & U 25 Back	59	Girls 12 & U 50 Fly
12	Boys 14 & U 200 Medley Relay	36	Boys 8 & U 25 Back	60	Boys 12 & U 50 Fly
13	Girls 18 & U 200 Medley Relay	37	Girls 10 & U 50 Back	61	Girls 14 & U 50 Fly
14	Boys 18 & U 200 Medley Relay	38	Boys 10 & U 50 Back	62	Boys 14 & U 50 Fly
15	Girls 8 & U 100 Free Relay	39	Girls 12 & U 50 Back	63	Girls 18 & U 50 Fly
16	Boys 8 & U 100 Free Relay	40	Boys 12 & U 50 Back	64	Boys 18 & U 50 Fly
17	Girls 10 & U 100 IM	41	Girls 14 & U 50 Back	65	Girls 10 & U 200 Free Relay
18	Boys 10 & U 100 IM	42	Boys 14 & U 50 Back	66	Boys 10 & U 200 Free Relay
19	Girls 12 & U 100 IM	43	Girls 18 & U 50 Back	67	Girls 12 & U 200 Free Relay
20	Boys 12 & U 100 IM	44	Boys 18 & U 50 Back	68	Boys 12 & U 200 Free Relay
21	Girls 14 & U 100 IM	45	Girls 8 & U 25 Breast	69	Girls 14 & U 200 Free Relay
22	Boys 14 & U 100 IM	46	Boys 8 & U 25 Breast	70	Boys 14 & U 200 Free Relay
23	Girls 18 & U 100 IM	47	Girls 10 & U 50 Breast	71	Girls 18 & U 200 Free Relay
24	Boys 18 & U 100 IM	48	Boys 10 & U 50 Breast	72	Boys 18 & U 200 Free Relay