

Swim Meet Information Guide

Swimmer Availability for Swim Meets

It is very important for the coaches to know which swimmers will be available for each swim meet. You must RSVP on our website at www.medlockbridgebarracudas.com for each child for each meet. We need to know YES or NO if they will be there. This eliminates any confusion as to availability. The coaches work on the lineup on Tuesdays so you will need to RSVP by Monday evening. If you do not RSVP, your child may not be in the lineup. It creates lots of extra work for the coaches to change the lineup.

What to Bring to a Swim Meet

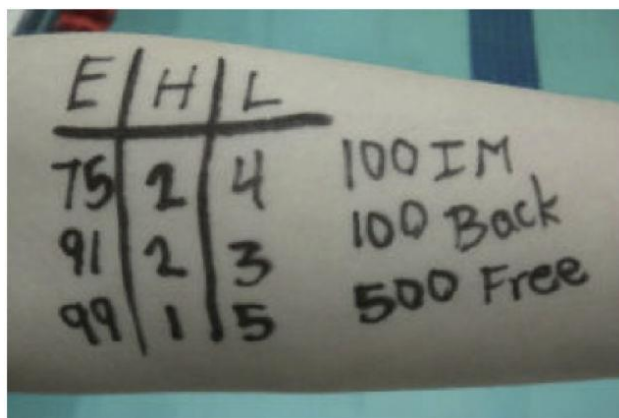
- Team Swimsuit, swim cap, and goggles. Having an extra suit, cap, and pair of goggles packed is always a good idea.
- 2-3 Towels
- Something to sit on in the bullpen area, such as a sleeping bag, old blanket, or chair.
- Something for adults to sit on. Most parents bring camping chairs. We will have some deck chairs set up by the pool.
- Several changes of clothes such as sweatpants, sweatshirts, and t-shirts. Swimmers need to stay warm between events.
- Entertainment for the swimmers while they wait for their events such as handheld games, cards, books, etc.
- Cash (small bills) for concession stand. Please note that 100% of the proceeds from the Cuda Café are used to support our swim team.
- Sharpie marker to mark swimmer's events.

Before the Meet Starts

- At practice the day of a meet, the coaches will post the swimmers events on the bulletin board. It is the parents' responsibility to check the board and get the event #, lane # and heat # for their child(ren). See below on how to write their events
- Arrive at the pool 10 minutes before warm-ups. The coach will conduct warm-ups for the allotted 20-minute period. All swimmers must be present.
- Check the heat sheets to make sure they correspond to the events you have been assigned to swim. There may have been changes from what was posted earlier in the day. Check with the coach if there is a discrepancy.
- Make sure that they have each event number, heat, and lane written on their arm in "permanent" (i.e., waterproof) marker, like a Sharpie. This helps your swimmer remember what events he or she is swimming, what event number to listen for, and what lane to get lined up behind. Make sure you write down the same thing for you to refer to during the meet (hint: email your swimmer's events to yourself).

- How to Write Events: This is an example of how it will look on your child's arm:
Sharpie Grid (Event, Heat, Lane)

E	H	L	
3	1	4	Fr Relay (4th)
27	3	4	Back
45	2	3	Breast
55	1	4	Fly
65	1	4	MR (3rd - Fly)



"E" is the event number "H" is the heat number "L" is the lane number (#) after the lane number indicates position in the relay or what they will be swimming in the medley relay

Medley Relay:

In the below picture:

Event #3

Heat 1

Lane 3: Sydney Ross and Reagan Forkey will line up on the block side. Maya Cunningham and Caroline Dewey will go to the non-block side. Sydney Ross will start the race and swim Backstroke; Maya Cunningham will then swim Breaststroke, Reagan Forkey will swim Butterfly and Caroline Dewey will swim Freestyle from the non-block side.

Event #3	Roberts, Lincoln 6	Ross, Cooper 6	I
Heat 1	#3 Girls 7-8 100 Yard Medley Relay		
Lane 3	Championship: 1:12.63 2003 Windward Waves		
	K. Smith, J. Rohal, C. Cohen, T. Dickson		
	Lane	Team	Relay Seed Time
	Heat 1 of 2 Finals		
	1	MBR-GA	C NT
		Reid, Darcey 8	Roberts, Caroline 8
		Morgan, Adelaide 7	Evans, Presley 7
	2	SOST-GA	B NT
		Shelev, Annalise 7	Custis, Michelle 8
		del Balzo, Fiamma 7	Pratt, Marley 8
	3	MBR-GA	A 1:28.69
		Ross, Sydney 8	Cunningham, Maya 8
		Forkey, Reagan 8	Dewey, Caroline 8
	4	SOST-GA	A 1:28.13
		Bulick, Mia 8	Bolton, Ansley 8
		Alton, Elizabeth 8	Zhu, Renee 7
	5	MBR-GA	B NT
		Watts, Kendall 8	St. Clair, Amelia 8
		Hornsby, Chapel 7	Adler, Ella 7
	6	SOST-GA	C NT
		Peek, Lillie 8	Nadler, Abby 7
		Ruppert, Mariana 7	Paige, Hailey 7

During The Meet

- It is important for the swimmer to know what event numbers they are swimming. For the swimmers 10 and under, the bullpen parent will make sure they get to their assigned event and lane.
- Listen for event announcements. The announcer will call swimmers to the deck by event numbers. Bullpen parents must assure that swimmers come to the block on time.
- Report to the blocks. The Deck Manager will check to make sure that swimmers are lined up in the right order. However, it is always a good idea to have your swimmer check in with the lane timers to make sure they are in the right lane and heat.
- Swimmers, swim your race. The swimmer's goal should be to do their best and improve their time for that event. A swimmer who finishes last in a heat, but has dropped time has had a successful race.
- Please wait until you are finished swimming before eating heavier foods.
- Swimmers must stay in the bullpen area between events. Running in the parking lot or playing on the playground equipment is not allowed.
- In between races, rest and stay warm. Store up your energy for the competition. Use this time to cheer on your teammates.
- Check with your bullpen parent before you leave the meet to make sure you don't have any more races to swim in. You may have been placed in a relay later in the meet.
- Remember, when you are wearing a team suit and shirt, you represent your team. Let your actions reflect your good sportsmanship and pride in being a Barracuda team member!