

City Meet Survival Guide for New Parents

City Meet Friday—11 and older swimmers

City Meet Saturday—10 and under swimmers

City Meet Sunday—Swimmers who finish in the top 16 places in their event for their age group

*Please be prepared to swim on Sunday as you may be in a relay or individual event that makes it back!

Location and Parking: City Meet is at Allen Jones Pool on the UT Campus. (2200 Andy Holt Avenue). Parking instructions will be provided via email, and there is a free shuttle that can take you to the pool. You may also drop your swimmers off by the pool and go park. Please be aware that there are thousands of people at the meet so have your things ready to unload if you are doing this as you will hold up traffic. We are not able to park in the garage across from the pool- people who park there will be ticketed.

Our tent: At City meet, each team is assigned a tent location. Our tent is located near the old student aquatic center- and is accessible by going up the stairs next to Allen Jones and walking toward the Rec center. A map of the area is sent out via email and can be found on GKAIISA's website as well. The tent has been rented from Anderson Rentals and therefore is not our normal tent. Please look for GMST and Anderson Rental banners and friendly faces!

Under the tent and what to bring: As this is a long day for everyone, please make sure you pack accordingly. Some suggested items:

- Plenty of water, Gatorade, and healthy snacks- concessions will be available inside the pool but a cooler is suggested
- Extra towels
- A chair to sit in for your swimmer and for yourself or a blanket to sit on
- Games and entertainment- you may have a long time between your swimmers events. Many people bring card games, Nintendo DS, Ipad or other music source, board games, markers and paper, books to read, etc.
- Sunscreen- although we will have a tent and most areas are tented or shady, you never know!
- Extra goggles, cap and suit- There will be goggles and caps and other supplies for sale inside the aquatic center as people will set up shops. For those of you who have been before, it can be a long walk and crowded. Bring extras just in case as you won't have time if you're in a pinch!
- Highlighter and sharpie- to find your events in the heat sheet and write them down!
- Fan and mister- It is HOT outside!

Meet Timeline:

7:00 am- the building opens for workers and swimmers.

7:45 to 7:50am- GMST Swimmers should be at the tent and ready to stretch and warm-up.

8:10-8:30- GMST warm-up. Please be under the tent by 7:50 to get settled. The coaches will be checking in swimmers and doing stretches and cheers, and we will walk into the building before our warm up time. We only have exactly 20 minutes, and sometimes less, in the pool so be ready to walk into the pool as a group (around 8:00) and get in the water.

9:00- Meet begins. The meet will last until around 3:00 or 4:00 (sometimes much earlier).

How the Meet Works- Finding your events: City Meet is the championship meet for all the teams within the Greater Knoxville Area league. There are approximately 30 teams and will be a lot of swimmers entered in the meet. Some events can have upwards of 200 swimmers entered in the event. Swimmers are placed in the meet based on their entry time that was submitted by the coaches. Therefore, they should be swimming with other swimmers around their skill level and speed. This makes a fun, competitive day, but requires a lot of organization.

When you arrive at the pool, find a "heat sheet". You can purchase one for the day at the front of the pool building, or you can share with other parents under the tent. The heat sheet will be like a road map for the meet and how it progresses. If you've never used one, ask a parent under the tent to help you (or see below for an overview).

The meet is laid out much like a normal dual meet, just on a larger scale. There are also 2 additional events that your child could be swimming- the Mixed or Coed Relay (2 girls and 2 boys from the same age group) and the 50/100 freestyle. The heat sheet is laid out in the order of the meet. Beginning with the Coed Relay and ending with the free relay. The order of events at City Meet is as follows:

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|--------------------------------------|--------------------------------|
| Events 1-10: Co-Ed Relay | Events 51-60: Breaststroke |
| Events 11-20: Individual Medley (IM) | Events 61-70: 50/100 Freestyle |
| Events 21-30: 25/50 freestyle | Events 71-80: Butterfly |
| Events 31-40: Medley Relay | Events 81-90: Free Relay |
| Events 41-50: Backstroke | |

Within the event, the heat sheet will show each individual swimmer's name and the heat and lane they will be swimming in. It will look similar to this:

Heat 11 of 17 Prelims Starts at 10:39 AM				Heat 17 of 17 Prelims Starts at 10:45 AM			
1	Daniel Blankenship	12 JCSC-SE	34.72	1	William Axon	11 WCST	31.83
2	Christopher Zion	12 KRC	34.69	2	Harper Lang	12 JCSC-SE	31.04
3	Nicolas Moore	12 GW	34.49	3	Tanner Harrison	11 GMST-SE	30.30
4	Garrett Conti	12 KRC	34.38	4	Alec Connolly	12 HHST	28.38
5	Jonathan Lara	11 CHRA	34.16	5	Connor Rytz	12 SACGK	27.59
6	Tanner Kapoor	11 JCSC-SE	34.19	6	Jalen Long	12 GP-SE	27.90
7	Nick Stankovich	12 KRC	34.49	7	Addison Bond	12 KRC	28.87
8	Colin Baker	11 GCC	34.60	8	Timothy Frizzell	12 CWH	30.82
9	Georde Goodwyn	11 GP-SE	34.69	9	Thomas Norville	12 MAFD	31.45
Heat 12 of 17 Prelims Starts at 10:40 AM				#28 Boys 13-14 50 Yard Freestyle			
1	Colton Wade	12 ORCA-ZZ	34.01	City: 22.66 2009 Bryan Landers			
2	Brent Richey	12 VG	33.99	Lane	Name	Age Team	Seed Time
3	Charles Harrison	12 TVST	33.79	Heat 1 of 15 Prelims Starts at 10:46 AM			
4	Rainey Miles	12 CWH	33.68	3	Jonathon Redington	13 WSY	58.91
5	Clark Poynter	11 CCC	33.50	4	JaDarius James	13 EYF-SE	52.88
6	Reed Anderson	11 VG	33.59	5	Sam Carris	14 BBCC-SE	47.35
7	Connor Jacobs	11 VG	33.73	6	Nehemiah Guinn	13 BFST	48.75
8	Matt Hinkle	12 GP-SE	33.84	7	Justin Carter	13 EYF-SE	52.94
9	Martin Tan	12 MBGC	34.00	Heat 2 of 15 Prelims Starts at 10:48 AM			
Heat 13 of 17 Prelims Starts at 10:41 AM				1	Ross Earl	13 BBCC-SE	43.95
1	Nicholas Kiss	11 KRC	33.46	2	Parker McKellips	13 PC	40.79
2	Jared Huskey	12 NSY	33.41	3	Peyton Givens	13 KRC	39.96
3	Zach Tate	11 GMST-SE	33.22	4	Nicholas Bales	14 BBCC-SE	39.41
4	Miles Kredich	11 USC	33.02	5	Reed Smith	14 CCC	38.46
5	Ian Hodge	12 WSY	32.78	6	Baylor Smith	13 PC	38.97
6	Andrew Cate	11 CWH	32.86	7	Matthew McCowan	13 SWSR-ZZ	39.41
7	Aaron Robinson	12 HHST	33.16	8	John Hughes	13 RW	40.08
8	Augustus Fortune	12 KRC	33.38	9	Landon Manning	14 KRC	42.00
9	Scott Turner	11 FDCC-SE	33.45	Heat 3 of 15 Prelims Starts at 10:49 AM			

A highlighter will be your best friend! You will need to go through the heat sheet and find all of your child's races. Notice that it has a "start time" as calculated by the system, but do not rely on this time as the meet can run ahead or behind and is hardly ever on time.

Relays will be posted on the bulletin boards under the tent. Pay attention to the lettering of the relay your child is on- GMST A, GMST B, etc. Relays will look similar to this in the heat sheet:

Heat 2 of 4 Prelims Starts at 01:55 PM				#90 Boys 15-18 200 Yard Freestyle Relay			
2	GMST-SE	B	2:22.21	City: 1:27.11 2009 Sevier Aquatic Club			
3	WCST	A	2:09.92	T Wise, A Bryan, J Hogan, Z Burnett			
4	KRC	B	2:04.60	Lane	Team	Relay	Seed Time
5	GMST-SE	A	1:57.16	Heat 1 of 4 Prelims Starts at 02:12 PM			
6	NSY	A	1:59.56	4	NCC	A	2:04.21
7	HHST	A	2:08.60	5	GP-SE	B	1:58.53
8	CCC	A	2:15.35	6	MBGC	A	1:58.59
9	KRC	D	2:29.31	Heat 2 of 4 Prelims Starts at 02:14 PM			
Heat 3 of 4 Prelims Starts at 01:58 PM				1	JCSC-SE	C	1:52.77
1	JCSC-SE	B	2:30.05	2	CHRA	B	1:44.37
2	BFST	A	2:17.34	3	CHRA	A	1:41.02
3	GW	A	2:09.67	4	CWH	B	1:37.14
4	CWH	A	2:02.99	5	GMST-SE	A	1:33.74
5	SACGK	A	1:52.08	6	USC	A	1:35.02
6	KRC	A	1:58.96	7	WCST	A	1:38.22
7	GP-SE	B	2:08.36	8	RW	A	1:42.20
8	VG	C	2:15.28	9	KRC	B	1:46.11
9	MAFD	B	2:25.70				

Make sure you select the correct relay- Some events may have up to GMST D or E.

How the Meet Works- Getting your swimmer to their races: The meet will utilize the clerk of course to get swimmers ready for their swims. The announcer will make a call for all swimmers in a particular event over the intercom system. The call will be made a few races prior to their race due to the number of swimmers being organized. Please be listening for the calls. Also note that the boys and girls swim on separate sides of the pool so often the boys become much further ahead than the girls are. You have to listen closely to the announcer or check with the clerk of course tents on who is being called.

When the announcer calls for the event they are swimming, YOU are responsible for taking your child to the clerk of course tent. The tent locations are shown in the picture above and are close to our tent. They will sit under the clerk of course tent and wait until their name is called. Sometimes, the wait under the clerk of course tent can take a while or the announcer may call events too early. Please be aware of this when taking your child to the tent. You may want to take water for them to drink while they are under the tent and also make sure they use the bathroom before sitting under the tent. They will not have an opportunity to do any of this after they are seated.

When their name is called, a parent volunteer will hand them their "card" and seat them in a chair in the order that they are swimming. From there, your child will be escorted by parents and moved into position to swim.

****If your child does not show up under the clerk of course tent, they will not be allowed to swim**** This is very important for those older swimmers who lose track of time or just don't feel like going over there- They will not let you swim if you are not seated with the rest of your heat when they walk into the building!

Once you are comfortable that your child is seated and handed over to the parent volunteers working in the clerk of course, you may leave and go find a seat to watch the swim from the upper portion of the pool with bleachers. Parents do not have access to the pool deck level, unless they are working in a volunteer position. The coaches will be on both sides of the pool watching your child's swims and will be available in case they need anything.

After your child finishes their race, they can come speak to the coaches, who will be on deck at both sides of the pool, and then they will exit the building through a door on the side of the building. The coaches will walk the children through which way they will need to exit during the warm-up time. Please meet your child there or under the tent. The door they exit out of is very close to the tent.

After the swim- checking results: After the event is over, the results will then be posted in the lobby of the pool building. All swimmers that finish in the **TOP 16** of their event are invited back to swim on Sunday. The results will also list the 2 alternates (17th and 18th) that will be able to swim if someone does not show up. Sunday is the day when all the points are scored and it is a big honor to swim on this day. If your child makes it back in either a relay or an individual event, please plan to be at the pool ready to swim on Sunday. Our warm-up time will be the same as the rest of the weekend. Finals days is very fun as the pool configuration is different and swimmers names are announced over the intercom. Swimmers that finish in the top 16 in an event receive a ribbon or a metal.

Meet Mobile: Parents and swimmers can download the Meet Mobile app for free on a smart phone. The Meet Mobile app is another great tool to checking results and keeping track of the meet, especially if you are not able to watch your swimmer at the meet. You can follow your favorite swimmers or team and see how they are doing. We are still unsure if the meet will be on the app this year- it has been on for years past but not a guarantee. Once you get the app- the meet may be listed as GKAIISA 2015 Championship Meet or something similar.



Tracking the meet through the radio: Parents and swimmers can bring battery powered radios to the meet for use under the tent. GKAIISA broadcasts what event is in the pool and what event is being called at the clerk of course over an AM radio station. They will also use twitter to let people know what event is in the pool. They will not have speakers set up outdoors so plan on bringing a radio or using your phones.

Remember: Every swim counts!

Do not get discouraged by where your child is placed on the heat sheet or what relay they are put on. Every swimmer has a chance at coming back on Sunday and every swimmer has the chance of improving their time!

This meet is their opportunity to show you their accomplishments from the summer and we are so proud of every swimmer that swims in it!