

SUMMER LEAGUE SWIM MEET SURVIVAL GUIDE

Meets can appear very daunting and chaotic at first so to help out, here is a survival guide so you can understand exactly what's going on!

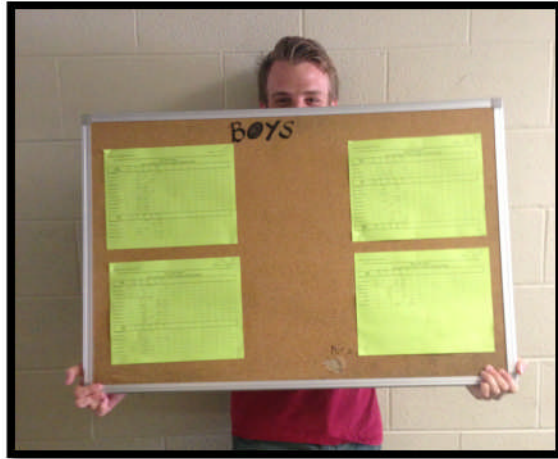
BEFORE THE MEET

There will be meet sign up sheets in the hallway at Green Meadow the week before a meet, and online signups that are available to be updated throughout the summer. Coaches start working on entries two to three days before a meet. This process involves every single coach and takes multiple hours to finish. So if you are planning to swim at a meet, PLEASE sign up your kids prior to three days before the meet!! Every late entry means the coaches have to go back and change heat and lane assignments for every kid in that age group PLUS completely redo relays. So again, PLEASE SIGN UP KIDS ON TIME!!

AT THE MEET

The first thing you should do once you get to the swim meet is check in with the designated parent volunteer (in the hallway). This is so the coaches will know your kids have arrived and are ready to swim! This is also where the parent volunteer coordinator will know if workers are checked in and ready to work. We expect each family to work in some volunteer capacity during each meet and you can sign up for your worker positions online prior to the meets via the links that are sent out by the Volunteer Coordinator.

If your child is 10&under, this is when you will receive his/her cards (**see 10&under cards** below). After this, you should find the **grid boards**.



On these boards, you can find every GMST swimmer and what they are swimming at the meet. It may be a good idea to take a picture of the grid for your child's age group, because they can get pretty crowded around them at the beginning of the meet! These grids (and the entire meet) is organized into three main categories...

THE THREE BIG NUMBERS

1. EVENT NUMBER

-defined by age group, sex, and swimming stroke

IM: 1-10

FREE: 11-20

MEDLEY RELAY: 21-30

BACK: 31-40

BREAST: 41-49

FLY: 50-59

FREE RELAY: 60-69

The order within each event will always be 8&under girls, 8&under boys, 9-10 girls, 9-10 boys, 11-12 girls, 11-12 boys, 13-14 girls, 13-14 boys, 15-18 girls, 15-18 boys.

EXAMPLE: Event number 13 would be 9-10 girls freestyle!

**The current event number will be held up near the competition pool (usually by the lifeguard stand).

2. HEAT NUMBER

If an event has more swimmers entered than lanes available, there are multiple heats.

EXAMPLE: Event number 13 heat 2 would mean your 9-10 girl is in the second wave of the 9-10 girls freestyle.

3. LANE NUMBER

The pool is divided into a certain number of lanes and they will be labeled 1-8 (some pools only have 6 lanes).

EXAMPLE: Event 13, heat 2, lane 4 would mean your child is in the 9-10 25 free, in the second wave, and is in the lane labeled 4.

CARDS

GREEN MEADOW COUNTRY CLUB

60 Male 15-18 50 Fly
Heat: 1 Lane: 5
Adam Thomas 17 8/3/1996
GMST-SE 27.84S
Green and White 2014 6/5/2014

EVENT 25 50 100 200

IM FREE BACK FLY BREAST

MEDLEY RELAY FREE RELAY

Lane Place

1. _____
2. _____
3. _____

Judges Official Time

28:25

Ballot

10&UNDER CARDS

As was said above, if you have a child who is 10&under you will get cards at check in that have all of the above information on them for the individual events he/she is swimming (NOT RELAYS). These are purely for your benefit as a parent to keep track of what and when they are swimming and so that the kids know which chair to sit in and when.

****If your child is 10&under, there will be parent volunteers and coaches to make sure he/she is in the right place. Your main job as a parent is to make sure your child is by the pavilion/tent and that they are at the designated spot where kids are gathering when it's time to start lining up for their event (we try to start lining the 10&unders up during the 11-12 age group of the event before).**

11&UP CARDS

Swimmers older than eleven are expected to get their own cards before their events and to be behind the correct lane when it is their time to swim. The coaches will show them where to pick up the cards before the meet starts so you, as a parent, should not have to worry about this.

RELAYS

-Each relay group consists of four swimmers. The 10&Unders will swim 25 meters each (called "a 25" which is 1 length of the pool) and the 11&Ups will each swim 50 meters (called "a 50" or 2 lengths of the pool). This means that 10&Unders will have two swimmers at one end of the pool and two at the opposite end while 11&Ups will all be on the side of the pool with the block.

-The two types of relays are medley and free. In a medley relay, the four swimmers all swim a different stroke beginning with back, breast, fly, then free. In a free relay, all the swimmers swim freestyle.

- Relays will be lined up and organized by coaches and parents. As a parent, please make sure your child is in the area where they are lining up so that they are easy to find and we don't have to chase them!

****Relays score twice as many points as individual events so it is **VERY VERY** important that your child swims in them if they are signed up! Remember, if your child leaves before the relay, three other kids have to**

miss out on the event! They are also team bonding and a whole lot of fun!

SUGGESTIONS ON WHAT TO BRING:

- towels
- goggles
- swim suit
- cap
- blankets/chairs→ for your kids (and you) to sit on
- sharpie→ if you want to write events on your child's arm
- sunscreen→ the meets are pretty late but you never know!
- Games to play between events. Card games, legos, board games, etc. are fun so that multiple kids can play together.
- gatorade, water and a small snack *

*GMCC does not allow us to bring outside food or drink besides this. There will be food and drinks available for purchase at the concession stand!