

Meet FAQ's

Meet Preparations	<p>Contrary to popular belief, meet prep really begins the night before a meet not the day of. First give the kiddos a nice hearty dinner of carbs/proteins. And no, that does not include any breaded meats thrown into a deep fryer. Second, get them to bed early. A good night's rest is key to swimmer performance and gives parents time to do what parents do. This is a family publication so I will simply say whatever makes you happy. But before you get into all that, you need to pack up all your gear. Early morning rolls around faster than you think so it is best to do your packing the night before so you do not forget anything. <u>See Meet Prep Packing Section for more on that.</u></p>
Meet Definitions	<p>Dual Meet – A meet between two teams Tri-Meet – A meet involving 3 teams CHAMPS Meet – Season ending meet between ALL teams in the league. Spread over 2 days based upon age groups.</p>
Meet Departure	<p>Depends upon home or away. Tradition is that home team warms up first. Warm-ups are 20-30 minutes depending upon whether it is a dual or tri-meet.</p> <p>Home Dual – Plan to arrive at 6:45 at TC Pool Home Tri – Plan to arrive at 6:40. Added time is to allow for more chaos of a third team which strains parking and increases traffic Away Dual – Plan on arriving at 7:00 Away Tri – Plan on arriving between 6:45-7 depending upon warm-up schedule (which will be published in advance).</p>
Meet Arrival	<p>For away meets, we utilize tents and tarps to house your little cherubs. There are signs designating the tent areas. Not to be plainly obvious but the more swimmers per age group, the more tents they get. When you arrive, bring your swimmer to their designated tent. You find a spot elsewhere. There is not enough tent space for parents and child. If you prefer to be with your swimmer during meets then tent parent is the job for you.</p> <p>For home meets, we use the awnings by the edge with a couple of extra tents for the older swimmers.</p>
Non-swimmer seating	<p>Park your chairs (highly recommended) wherever you can find a space not in the way. Either by the swimmers or on the pool deck.</p>
Meet Warm-ups	<p>Times vary, but generally between 6:50-7:50 depending upon dual or tri meets. The warm-up time will be published by the Twisters Communications Deity during the week. Plan to arrive 20 minutes prior to the meet warm-ups to get your swimmer ready.</p>
Meet Starts	<p>For the most part meets start at 8am. There are volunteer meetings between 7:40-8 for timers, stroke judges, and meet officials. Listen for the announcements if you happen to be doing one of those volunteer jobs.</p>

Meet Events	<p>There are 78 events in a meet covering all age groups. Girls event numbers are odd and boys even. The order of which is as follows:</p> <p>6 & Under Freestyle Relay (only relay 6U's do)</p> <p>7-18 Free Relays (Girls then boys for each age grouping)</p> <p>Freestyle</p> <p>Individual Medley (where a swimmer swims all 4 strokes)</p> <p>Backstroke</p> <p>Breastroke</p> <p>Butterfly</p> <p>Freestyle Relays (7-18)</p>
Swimmers Swim	<p>Up to 3 events and 2 relays. Relay teams are decided by coach based upon 4 fastest swimmers in the age group as determined by their Summer League swim times. Feel free to leave after your swimmer has completed all of their events.</p>
Meet Points	<p>Dual Meets</p> <p>Relay Winner 5 points</p> <p>Individual – 5/3/1 for 1st through 3rd</p> <p>Tri Meets and CHAMPS meet are scored differently</p> <p>Scores are announced periodically throughout the meet</p>
Volunteer Shifts	<p>Generally speaking we try to split the meet in half. Shift change is decided by the home team. Generally for our home meets we do it after event 38 (9-10 boys back). The number of volunteers needed is dependent upon the number of teams in the meet and the number of lanes in the pool. Why? Well we need 3 timers per lane. So that means we may need from 6 timers per shift (at the Westover pool which has 4 lanes) all the way to 12 timers per shift at Avery Ranch. Meet job should be setup on Swimtopia with the appropriate number of jobs per shift per position.</p>
Meet Completion	<p>Meet is over after event 78. Feel free, as previously noted, to leave when your swimmer has finished all their races. If you need to leave early for an emergency, please let the coaches know so they can see if it affects their plans. If you know in advance you need to leave early, please denote that when signing up for the meet.</p>
Weather Disruptions	<p>We do not stop meets due to rain unless the situation is dangerous or causes equipment failures. We do stop for a minimum of 30 minutes in the event of thunder/lightning (as you experienced during the mock meet).</p>
Official Meets	<p>Meets are deemed official once they pass the halfway mark. This is important because it means the meet counts towards CHAMPS requirements and no makeup is necessary. If a meet is cancelled before the halfway mark, it may be necessary to schedule a rain makeup.</p>
Meet SWAG	<p>Ribbons are awarded to swimmers who drop time as well as to those who place. How many places depends on meet size. All ribbons are put into a box by ribbons/scoring and that box is at practice each week for parent or swimmers to retrieve their bling.</p>

CHAMPS Requirements	The CHAMPS meet at the end of the year is not an open meet. Swimmers must have LEGAL times in at least 2 meets in order to swim an event at CHAMPS. What is a legal time? An event where the swimmer as not been disqualified and has a recorded time. They must do that twice in a stroke to swim it at CHAMPS. So if your swimmers swims free, back, and butterfly all year but only gets 1 legal time in butterfly they will only be allowed to swim free and back at CHAMPS.
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Meet Prep Packing

6:00 a.m. rolls around fast so it is best to pack everything the night before. These are a few suggestions on what to bring to a meet for both your swimmer and you:

- Team suit or black suit
- Team shirt & cap (write your name on them)
- Plenty of towels (they get wet), goggles (they break), sunglasses (they get lost), and SUNSCREEN
- Warm clothing (early mornings OUTSIDE can be cool)
- Chairs, blankets, or sleeping bags to sit on (best to mark with your name)
- Enough entertainment for the kiddos for 4-5 hours. That can be a Gameboy, smartphone, coloring book, regular book, tablet, etc. (best ot mark with your name)
- Cooler for fruit juices, water, snacks, etc. (no huge spreads please, just enough for yourself)
- Snacks and a light lunch (you are there for 4-5 hours)
- The host team has a concession stand available throughout the meet as well

I can not stress enough to LABEL LABEL LABEL. In the years I have been doing this I can't tell you how many lost items we have donated to charity because they were not labeled or claimed by the end of the year from lost/found.