

# Tidal Waves Practice Meet - Information

Our first meet is coming up, so this paper is intended to give you some information about how a swim meet works, and the key role that you, the parent, take in this process.

**MEET SIGN-UP:**

First, we need to know who is going to attend the meet. To keep track of this, we need each of you to sign up using our website [www.riversidetidalwaves.com](http://www.riversidetidalwaves.com). Directions have been sent in another email. Obviously, emergencies can come up, but it is very important that you let us know if your swimmer is, or is not, going to be there. We need a response from every swimmer. We close the meet sign up a few days before a meet so the coaches will have time to enter the swimmers into their events, and so we can merge our entries with the entries from the other team. This process takes a few hours to complete.

**MEET ENTRIES:**

Now that we know who is attending the meet, we have to make a meet line-up sheet for each age group. The line-up sheet looks something like this (note there is one of these for each age group!)

7-8 Girls								
	#3	#13	#24	#31	#41	#51	#61	#71
	25 Free	25 Fly	Medley Relay	25 Back	50 Free	100 IM	25 Breast	Free Relay
Rebecca Allison								
Hailey Brown								
Angel Canon								
Abigail Colwell								
Gabriella Goar								
Rachel Gonzales								
Rhea Mistry								
McKenna Ortiz								
Ashley Robertson								
Caitlin Scheussler								
Brooke Whiting								
Casey Wymer								
7-8 Boys								
	#4	#14	#24	#32	#42	#52	#62	#71
	25 Free	25 Fly	Medley Relay	25 Back	50 Free	100 IM	5 Breast	Free Relay
Jack Burke								
Luke Brautigam								
Austin Frandsen								
Jake McDevitt								
Trevor McMorris								
David Shaverdi								
Colin Tormey								
Connor Yocum								

At this point, the coaches need to fill in the events with the following guidelines: Each swimmer is limited to a maximum of 4 events. A swimmer can only do 3 individual events. So a swimmer can be placed in 3 individual events and one relay, or in 2 individual events and 2 relays.

On Tidal Waves, we ask that the coaches try to put all swimmers in at least 3 events. Also, every event needs to be filled. (That means that some swimmers need to do the 100 IM, some need to do the 50 Fly, etc. Not everyone can do the “easy” events!)

By league rules, all relays must consist of 2 boys and 2 girls.

Each team is allowed to enter 4 swimmers in the first (scoring heat) of each event. The top 3 swimmers from each team score. The scoring is 7 pts for 1<sup>st</sup> place, 5 pts for 2<sup>nd</sup>, 4 pts for 3<sup>rd</sup>, 3 pts for 4<sup>th</sup>, 2 pts for 5<sup>th</sup>, 1 pt for 6<sup>th</sup>.

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A completed line-up sheet looks something like this:

7-8 Girls								
	#3	#13	#24	#31	#41	#51	#61	#71
	25 Free	25 Fly	Medley Relay	25 Back	50 Free	100 IM	25 Breast	Free Relay
Rebecca Allison	X			X	X			A
Hailey Brown		X	A BK			X	X	
Angel Canon	X		C Fr		X		X	
Abigail Colwell		X		X		X		A
Gabriella Goar	X				X		X	C
Rachel Gonzales			A Fly					
Rhea Mistry		X		X		X		B
McKenna Ortiz			C Br	X	X		X	
Ashley Robertson	X			X		X		B
Cailin Scheussler	X		B Br					
Brooke Whiting		X	B Fly			X		
Casey Wymer	X				X		X	C
7-8 Boys								
	#4	#14	#24	#32	#42	#52	#62	#71
	25 Free	25 Fly	Medley Relay	25 Back	50 Free	100 IM	5 Breast	Free Relay
Jack Burke			C Bk		X		X	B
Luke Brautigam	X		A Br	X				A
Austin Frandsen		X	A Fr		X		X	
Jake McDevitt	X		C Fly			X		C
Trevor McMorris		X	B Fr			X		C
David Shaverdi		X		X				A
Colin Tormey	X		B Bk		X	X		
Connor Yocum	X			X			X	B

As you can tell, completing a swim meet line-up is similar to completing a puzzle. Each piece of the puzzle affects the next. If a swimmer doesn't show up for a meet, 3 or 4 pieces of the puzzle are removed. It is not as simple as "just having someone else swim the events." The other swimmers are already slated for their own events. Plus, some swimmers are placed in events as a strategy to get the maximum points.

Changing the line-up is extremely difficult, especially when it comes to relays! I can't emphasize enough the importance of accurately indicating whether or not you will be there! Never leave early from a meet, either. The other swimmers in a relay are relying on you!

After the meet line-ups for all age groups are complete, they all need to be entered into our team manager software. Then, we can make the meet check-in cards and entry cards. All entries are placed onto entry cards by volunteers.

So far, all of the above is what happens behind the scenes to get your swimmers signed up for their races. If a meet is on a week day, the meet will start at 5:00 pm, but warm ups are at 4:00 pm. For Saturday meets, the meet will start at 9:00 am, warm ups are at 8:00 am. Please show up for warm ups! As soon as you get to the meet you will get a check in card (see next page.)

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## Event #

- 1 Girls 6 & Under 25 Freestyle
- 2 Boys 6 & Under 25 Freestyle
- 3 Girls 7-8 25 Freestyle
- 4 Boys 7-8 25 Freestyle
- 5 Girls 9-10 50 Freestyle
- 6 Boys 9-10 50 Freestyle
- 7 Girls 11-12 50 Freestyle
- 8 Boys 11-12 50 Freestyle
- 9 Girls 13-14 50 Freestyle
- 10 Boys 13-14 50 Freestyle
- 11 Girls 15-18 50 Freestyle
- 12 Boys 15-18 50 Freestyle

- 13 Girls 7-8 25 Butterfly
- 14 Boys 7-8 25 Butterfly
- 15 Girls 9-10 50 Butterfly
- 16 Boys 9-10 50 Butterfly
- 17 Girls 11-12 50 Butterfly
- 18 Boys 11-12 50 Butterfly
- 19 Girls 13-14 50 Butterfly
- 20 Boys 13-14 50 Butterfly
- 21 Girls 15-18 50 Butterfly
- 22 Boys 15-18 100 Butterfly

- 29 Girls 6 & Under 25 Backstroke
- 30 Boys 6 & Under 25 Backstroke
- 31 Girls 7-8 25 Backstroke
- 32 Boys 7-8 25 Backstroke
- 33 Girls 9-10 50 Backstroke
- 34 Boys 9-10 50 Backstroke
- 35 Girls 11-12 50 Backstroke
- 36 Boys 11-12 50 Backstroke
- 37 Girls 13-14 50 Backstroke
- 38 Boys 13-14 50 Backstroke
- 39 Girls 15-18 50 Backstroke
- 40 Boys 15-18 100 Backstroke

- 61 Girls 7-8 25 Breaststroke
- 62 Boys 7-8 25 Breaststroke
- 63 Girls 9-10 50 Breaststroke
- 64 Boys 9-10 50 Breaststroke
- 65 Girls 11-12 50 Breaststroke
- 66 Boys 11-12 50 Breaststroke
- 67 Girls 13-14 50 Breaststroke
- 68 Boys 13-14 50 Breaststroke
- 69 Girls 15-18 50 Breaststroke
- 70 Boys 15-18 100 Breaststroke

## CHECK IN INFORMATION:

When you get to a swim meet, it is very important to check in. This lets us know that you are here and ready to swim your races. If you aren't here and you signed up to be in the meet, then we are left scrambling to try to make sure the relays are filled and that your races can be scratched from the meet. When you check in you will get a slip of paper that looks something like this:

### Tidal Waves Practice Meet - 5/14/2013

Jane Doe

Tidal Waves-CA

Age: 9

H1 L3 #5 Girls 9-10 50 Free

H2 L6 #15 Girls 9-10 50 Fly

H3 L5 #63 Girls 9-10 50 Breast

This paper tells you which events the coaches have decided to put your child in for today's meet. The events your child swims will probably change from meet to meet. You will also notice that the heat and lane your child will be swimming in is listed to the left of the event number. H1 means heat 1. Heats are just races within the same event. We have multiple heats because there are only eight lanes. If you have 15 swimmers, then you need to have two heats. L3 means Lane 3. That means your swimmer will be swimming in lane 3 for that race. Sometimes, your child might get switched to a different heat or lane during staging.

On the left, you can see the event number and the name of the event. This is the same order that will be followed for every swim meet. Because this is just a practice meet, we will not run all the events today. You might notice that the event numbers skip from 22 to 29 and 40 to 61, that's because we are not swimming the relays, long freestyle races, or the individual medley races.

## STAGING INFORMATION:

On the deck, there is a sign that indicates what event we are currently swimming (also on scoreboard.) There is also a sign indicating which event we are staging. Staging is where you bring your kids before their race. Staging helps to get the kids into their proper heat and lane. Staging also helps to keep a swim meet moving. Delays in staging will delay the swim meet.

In staging, we have the kids sit in a chair (or on a bench) that represents the heat and lane they will be in for their race. Usually, we stage about 5 events before the event. So, while event number 6 is running, we are staging event number 11. Please make sure to watch for the staging event number, and when your event comes up, please bring your child to staging. Once in staging, you do not need to stay with your child. They will be walked over to the pool for the start of their race. You will need to get them at the end of their race.

Swim meets are complicated! But, with the help of volunteers, they run efficiently. Thanks in advance for your help in timing, staging, announcing, CTS operating, score-keeping, or any other meet-related volunteer responsibilities!