

Swim Meet Basics

When are the meets?

- please see the meet schedule posted online. It's a quick overview of the season and can help with planning

What meets does my swimmer go to?

- our goal is to keep squads together at swim meets. Meets have been selected for the squads based on the average development level of each squad. This allows for squad mates to work together toward their goals and for coaches to be at the meets that their swimmers are attending. That said, we encourage you to talk to your coach if a younger swimmer is at a meet that their older sibling is attending and is eligible to swim at the meet we are willing to consider that swimmer in the meet.

How does my swimmer qualify for meets?

- Some meets require your swimmer to have achieved a certain time standard in order to attend the meet. If your swimmer has achieved this standard and their squad is attending the meet, they will be listed as "qualified" on the meet page.
- if your swimmer is qualified for a meet and their squad isn't going, they may be offered the option to go with the squad above theirs for that event. Many variables play a role in deciding if this option is what's best for your athlete including events available, age of the RDCSC swimmers attending, coaches available to assist at the meet, age appropriate race opportunities, and development level of your swimmer to name a few. If you think your swimmer may fall into this category please talk to your squad coach.

How do I pick events for my swimmer to swim at a swim meet?

- parents do not select events for athletes at a meet. Coaches select events for all athletes at all levels for all meets.
- Performance Squad and High Performance Squad athletes work with their coaches in selecting events to learn how to be part of this process and understand the basis to event selection.
- Coaches from Provincial, Jr Provincial, Development and Jr Development select the events for their athletes. Event selection is based on athlete development, skills working on in practice, events to gain experience, events to qualify for the next level of competition.
- All swimmers will experience all events suitable to their development level throughout the season.

How does my swimmer get to be on a relay?

- relays are selected by the coaches and submitted to the meet staff at the start of each of the swim meet sessions. Coaches then inform the swimmers as to who is swimming which relay during that session.
- relay selection at development meets are geared to include as many RDCSC swimmers as we can. The goal being for as many athletes to experience and learn about relays as possible. If your swimmer swims in a session with a relay there is a good chance they will be on at least one relay throughout the meet.
- relay selection at qualifier meets are based on speed and performance. The goal being to have the fastest team(s) we can create at that point in the meet. Some swimmers may swim multiple relays, some swimmers may not swim any depending on athlete performance on the day of the relay.

When do we have to be at the meet? Do we have to stay all day?

- the meet warmup and session information will be distributed the week before the swim meet. Depending on the meet format timing and expectations vary from meet to meet. Swimmer expectations will be outlined in that information that will also be added to the meet page on our website. If you have questions about when and where to be, please contact your squad coach.

Listed below are a few guidelines to help you through your first couple of swim meets. If you have any questions please contact your squad coach.

Before the swim meet starts:

1. The meet warm up and session information will be distributed the week before the swim meet. Depending on the meet format timing and expectations vary from meet to meet. Swimmer expectations will be outlined in that information that will also be added to the meet page on our website. If you have questions about when and where to be, please contact your squad coach.
2. Upon arrival find your team and check in with your squad coach. Warm up instructions will be given.
3. After warm-up, your swimmer will go back to the area where the team is sitting and wait there until their first event is called.
4. Younger swimmers may want to write each event-number on their hand in ink. This helps them remember what events they are swimming and what event number to listen or watch for.
5. The meet will start about 10-15 minutes after warm-ups are over.
6. Parents can purchase Heat Sheets. They are available for sale in the lobby area. It lists all the swimmers in each event in order of "seed time". If the swimmer is swimming an event for the first time, they will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event.
7. Parents are not allowed on deck.

Meet Starts:

1. Before each race swimmers meet with their squad coach for specific instructions.
2. There are generally two ways a swimmer gets to their lane:
 - A swimmer reports directly to their lane for competition a number of heats before they actually swims.
 - In some novice meets a swimmer's event number will be called over a loudspeaker. Swimmers will be asked to report to the marshalling area. Swimmers will be lined up in heat/lane order and taken down to lanes.
3. The swimmer swims their race.
4. After each swim: Swimmers go immediately to their squad coach. The coach will discuss the swim with the swimmer. The coach will give positive comments and praise and will give suggestions for improvement.
5. If another pool is available swimmers may have a recovery swim.
6. The swimmer now waits until their next event is called and starts the procedure again.
7. When your swimmer is finished swimming information about when they can leave will be distributed the week before the swim meet. Depending on the meet format timing and expectations vary from meet to meet. Swimmers must check with their squad coach before leaving to confirm if they are in a relay.
8. Results can be found in a few spots: posted somewhere in the facility, on the host teams website or on Meet Mobile.

Extra Information:

1. Swimmers are to wear RDCSC attire during the entire swim meet.
2. Swimmers are to wear RDCSC swim caps.