

## General Swim Meet Information

### Swim meets last approximately 3.5 - 4 hours

| Important Times       | Wednesday – 6:00 p.m. | Saturday – 8:00 a.m. |
|-----------------------|-----------------------|----------------------|
| Warm-Up's (Home)      | 5:00 p.m.             | 7:00 a.m.            |
| Warm-Up's (Away)      | 5:30 p.m.             | 7:30 a.m.            |
| Arrive at pool (Home) | 4:45 p.m.             | 6:45 a.m.            |
| Arrive at pool (Away) | 5:15 p.m.             | 7:15 a.m.            |

### Order of the Swim Meet

8&under Mixed Free Relay

100 IM (9/10, 11/12,13/14,15/18)

Freestyle (6&U, 7/8,9/10,11/12,13/14,15/18)

Breaststroke (8&U, 9/10,11/12,13/14,15/18)

Backstroke (6&U, 7/8,9/10,11/12,13/14,15/18)

Butterfly (8&U, 9/10,11/12,13/14,15/18)

Mixed Medley Relays (9/10,11/12,13/14,15/18)

Step Up Relays (female/male)

**\*Note:** all events will be swum in age group order →youngest to oldest →alternating boys/girls.

**Relay** = a total of 4 swimmers make up a relay. Each swimmer takes a turn swimming his/her part depending on the designated length/stroke of the relay.

**Mixed relay**= 2 girls/2 boys

**Step Up** = one swimmer from each of the following age groups comprise the step up relay: 9-10/11-12/13-14/15-18.

### What to bring to a swim meet

- All FGST swimmers MUST wear the FG team suit. Girls must wear the FGST swim cap. The cap is optional for boys who have crew cut haircuts.
- Sweatshirt/sweatpants – early mornings and late evenings can be chilly when you're wet
- Sunscreen
- 2 – 3 towels
- Games, cards, books, electronics, etc... to keep busy between events
- Chair - definitely, blanket - optional, portable canopy – optional
- Inclement weather gear (rain jackets, umbrella, etc..)

- Snacks and drinks--- most pools provide their own concessions. FGST's is TOP NOTCH. Please support them when possible.

## **When you arrive at the meet**

- Check in with your coach as soon as you arrive
- Your coach will give your swimmer an index card with his/her events listed (**this only occurs when a meet is at FG**). All entries are posted on our website for any meet.
- Find a place to sit and put your stuff. For home meets, FG always sits to the left as you enter the pool.
- Check to see if your swimmer is in a relay....relays are listed on white boards which are located at the front picnic table on the FGST side of the pool.
- Listen for your warm up announcement. Each team gets a total of 30 minutes to warm up, so it is important to be PROMPT. 10&unders warm up the first 15 mins.; 11&olders warm up the second 15 mins.

## **Parent Volunteer Responsibilities – EVERY FAMILY signs up for 5 slots (subject to change, based on Team size)**

- You will receive a reminder from SignUp Genius a few days before the meet regarding your assignment and the time you should report.
- Upon arrival at the pool, listen for the announcement telling you to check in at the announcer's table (home meets) or another designated location (away meets).
- You will be checking in with our Volunteer Coordinator – Kim Sweat.
- There are openings on the site now if you didn't get a chance to sign up for anything.
- If you scratch your swimmer from a meet at which you have a volunteer assignment, you need to remove yourself from the volunteer assignment as well.

## **Clerk of Course**

Before a swimmer can swim his/her event, he/she must check in and be seated at the Clerk of Course. At our pool, the Clerk of Course will be several rows of silver benches located by the diving well. There will be adult volunteers in charge of this area. The purpose of the Clerk of Course is to organize the swimmers in each event by heat and by lane. When instructed, the swimmers will move from the Clerk of Course to behind their block to swim their race.

**IMPORTANT:** Parents PLEASE do NOT obstruct the process of the Clerk of Course. You may stand off to the sides, but you may not be with your swimmer at the bench. Slowing down the Clerk of Course process significantly slows down the pace of the meet. NO PARENTS are allowed behind the blocks.

***How do I know when it's time for my swimmer to go to the Clerk of Course?***

The meet announcer will be making announcements advising swimmers to proceed to the Clerk of Course. *“Event numbers XX, please report to the Clerk of Course”*

**IMPORTANT:** Please listen for the announcements. Younger swimmers get caught up in the social part of the swim meet and forget to listen for their events. We don't want any swimmers to miss their events.

## During the Meet

- Let the coaches do their job. It is important for the swimmers and coaches to be able to communicate.
- We expect sportsmanship and team spirit (i.e. cheering for others, shaking hands with the opposing team, etc...) from both the swimmers and the parents.
- Please keep your area clean.
- Do NOT leave unless you tell your coach first!
- Results of each event will be posted on the wall of the main office (at our pool).
- Final meet results will be posted on our website within a few days after the meet.

## When and how do I get my ribbon?

- Any swimmer who placed in the overall top 6 will receive a ribbon.
- A swimmer who wins his/her heat will receive a Heat Winner ribbon immediately following the race.
- Ribbons will be processed and placed in the mailboxes on Friday's for the Wednesday night meets or Monday's for the Saturday morning meets.

## When is the Team Record/Top 5 board updated?

- After each meet, the results are reviewed for any new team records and new top 5 time updates. The appropriate changes are made and then posted in our team bulletin board located by the men's restrooms as well as posted on the team website. Updates are usually done within 48 hours of the meet.

## FGST “Ad-VISORS”

There will be additional resources you can go to if you need help with anything during the meet. These FGST parents will be wearing lime green visors so you can easily spot them. They are happy to answer questions, help you with your child, etc...