

## Swim Meet Guide

Competition is the goal for our team, having all members able to participate.

There are many opportunities throughout the season to compete including Time Trials, Dual Meets, Champs and Meet of Champions. (Meets are explained further down)

### Are meets required?

No. We do encourage our swimmers to swim at least 2 meets to see how they are improving throughout the season. You must swim in 2 league dual meets to qualify for our league championships.

### Signing in to meets:

**You MUST sign your swimmers in to each meet you plan on attending.**

Two weeks prior to the meet, a link will be sent out for the online sign up hosted by active.com; register and follow the instructions for each of your swimmers.

The process of setting up a swim meets takes one week, so you must SIGN IN for your swimmer to attend.

Adding swimmers on the day of the meet is very difficult for the coaches and computer staff.

If you are not planning to attend a meet, please mark "not attending" on the online sign in.

### How do I know if my child is swimming and what events they are swimming?

Coaches determine who swims in each event, according to individual goals and abilities. The coaches evaluate the strokes, endurance and experience of all of the swimmers during the weekly practices. Then they place them in the events in which they can excel and do their best.

Seeding a meet consists of placing the swimmers in events that will benefit themselves and the team. The benefits may be to help them achieve a goal, try a new stroke, and/or post a time.

Coaches are required to complete their seeding by the Monday evening prior to the swim meet. The coaches will post the meet sheet by Thursday on our bulletin board on the pool deck, listing each swimmer's events.

It is very important that you check the sheets and notify the coaches if your plans have changed or if your child will not be attending the meet.

The Orangevale TigerSharks is a TEAM made up of individuals. Each individual has a place on the team and each swimmer is important. When a child does not show up at a meet without notifying a coach, often an entire seeding sheet must be changed prior to the start of the meet.

Should you have any questions or concerns as to the coaches' seeding, please talk to your child's main coach.

### Events

Every swimmer may swim up to 5 events per meet; three individual and two relays.

Individual events are the individual medley (1 or 2 laps of each stroke), short free, long free, backstroke, breast stroke and butterfly.

Exemptions are for the 6&U swimmers which only swim the short free and backstroke.

### Relays

There are two relay events at each meet; Freestyle and Medley (back, breast, fly, free).

Teams are made up of 4 members of the same age group, each swimming an equal length (1 or 2 laps)

6&U age group only swim the freestyle relay.

### Types of Swim Meets

We swim in the VFCAL Swim League that has 6 teams; Arden Manor Pirates, Auburn Robalos, Cordova Blue Marlins, Orangevale TigerSharks, Roseville Life Time Sugar Bears, and the Placerville Dry Diggins Dolphins.

### Time Trials

This is our first meet of the year, also known as the Orange vs. Black meet. TigerSharks are the only ones in the pool for this meet. The purpose is to give everyone a chance to see how a meet runs and to get base times for our swimmers so they know where they are starting at for the season. The coaches use these times to seed the swimmers in upcoming meets. Time trials are a trial run for everyone including the swimmers, coaches, and parent volunteers.

### **Dual Meets**

A league dual meet is when the TigerSharks compete against one other team in the league.  
A complete schedule and locations will be posted on our website.

### **League Championships**

Champs are the final meet of the season. All six teams in our league compete against one another at one giant meet. The meet is open to all TigerSharks that have swum in at least 2 dual meets during the regular season. We want all our swimmers to attend champs!  
This is the last time most of our swimmers will be able to post times to show their improvements for the season.

### **Meet of Champions**

Meet of Champs (MOC) is a meet that swimmers must qualify to attend. Swimmers qualify for MOC by placing in the top 10 of any stroke at our league champs or by swimming a qualifying time at any time during the season. Qualifying times are posted at [www.meetofchampsions.com](http://www.meetofchampsions.com)  
MOC is held 2 weeks after our league champs.  
There are additional fees associated with MOC. There is a \$25 registration fee per swimmer.  
We offer additional practice the two weeks leading up to MOC for \$30 (subject to change at OV Parks discretion)

### **Swim Meet 101**

#### **Arrival**

**YOU MUST CHECK YOUR SWIMMERS IN AT 7am SHARP!**

At each meet, you must check in with the coaches as soon as you arrive to ensure that they are able to swim that day. Any swimmer not checked in will be scratched from the meet and not able to swim that day. This is a big process for the coaches and computer staff, your help is required.

At home meets, the coaches will have a table set up just inside the entrance gate.

At away meets, the coaches will be by our age group tents or at a spot designated on the deck map.

#### **PARENTS**

All families are required to work at the meets their children are swimming in. The volunteer schedule will be sent out a few days before each meet, please verify where you are working and contact the Volunteer Coordinator with any questions.

You must check in with your volunteer coordinator after checking your swimmer in with their coaches.

After checking in with the coaches & volunteer coordinator, please check in with your swimmer's age-group parent.

#### **Age Group Tents**

Each Age group will have a tent set up to at each meet.

**For the 10 and younger swimmers**, this is also where you will gather and be placed into order before each event. These swimmers need to go to their tent 3-4 events prior to the events they are swimming in.

The Age Group parent will do a head count, line them up and take them to the ready bench. If your swimmer is not at the tent, they may miss their race.

It is the responsibility of the swimmer and their parent to make sure they are at their races on time, not the Age Group Parent.

**Swimmers 11 and older** will have a tent to hang out in at each meet, with a program to see when they will be swimming. They are responsible for making sure they are at the ready bench and blocks on time.

#### **Ready Bench**

We will have a ready bench at all meets this season, home and away.

The Ready Bench parent will make sure the swimmers are in heat and lane order, and then send them to the blocks when it is time for their race.

Please be ready to swim when arriving at the bench with your cap and goggles. DO NOT leave shoes, towels, or other personal items at the ready bench.

About 2 events prior to every swimmer's event, swimmers should be at the ready bench.

10 and younger ages are usually brought over by the Age Group Parents, older swimmers are expected to arrive on their own. This is done to ensure that every swimmer makes it to their race on time and does not miss his/her opportunity to compete.

Please follow the directions of the Ready Bench parents once in that area.

### **Events**

Swimmers are called for their event at least two events prior to the one that they are swimming. At this time, swimmers should be at the Ready Bench.

Any swimmer not on the block when the starter blows the whistle (indicating that the swimmers can step up on the blocks) will have 30 seconds to be on the block or they will receive a false start.

Leaving the block before the official start will also result in a false start. Two false starts in any heat to one swimmer will equal a disqualification (DQ).

### **Setup & Tear Down**

Parents are expected to help with the meet set up and tear down. Usually 10 and under aged families set up the meets and 11 and older families tear it down.

Everyone's help is needed to make our meets successful.

### **Personal Areas**

We encourage our families to bring tents and chairs for the day. Please follow the direction of meet director for where to set up and please leave your area clean at the end of the day.

Deck maps will be posted on the bulletin board and on our web page.