

Calgary Swordfish Swim Club

Swim Meet Orientation

Your Swimmer has been practicing for days for their first swim meet. The following information is meant to help make the day as enjoyable and comfortable as possible for the swimmer and their family.

What to Expect

- Swim meets are a full day event, often 7am-6pm. Most will finish between 4-6pm.
- Please arrive on time – the coaches will be sending out a note previous to the meet that indicates when the swimmer should arrive and when they are expected to be ready to swim their warm up – be prepared to be at the destination by 7:00 – 7:30 am (be sure to accommodate for travel time and parking, hauling, etc)
- Swimmers are expected to stay at the venue for the entire day, there may or not be a lunch break but race times are variable so coaches do NOT want families leaving the pool.
- Swimmers will be set up in either an arena (close to pool), outside or on deck. Our club will all sit together. Look for the Swordfish banner, so you can sit with the Swordfish families. Send your swimmer off to get dressed and set up camp. Have the swimmer find their coach to check in with them, usually poolside.
- Meet Mobile APP – most swim meets are using this app now. It is ~\$15/yr and will have all of the swimmers results posted on it. This is optional, to buy. Most meets will also sell a Program/Heat Sheets (and highlighter if necessary). They are sold by the host club and are usually set up in the lobby and usually cost around \$3-5.00. Sometimes they are only available online, you need to print if off – this will be communicated beforehand.
- 1-2 days before the meet the coaches will send out a list of events each swimmer is entered in including relays. Look through the program you purchased and highlight your swimmers' Events on the Event List (usually the front page of the program) as that is the order the events will be run during the meet (See attached example). Note that the left side of Event numbers are the girls and the right side of numbers are the boys' events. It is also the number the swimmer should listen closely for by the announcer or check the marshalling board to see which event number is being marshalled – the board is usually located between the waiting area and the swimming pool.
- When the swimmer's event number is called they go to the marshalling area (a holding area usually in an area near the pool) immediately. The marshalls will guide them to the swim area and eventually get them to their lanes. The kids are marshalled well in advance of their actual race, so no need to rush to the bleachers to cheer your swimmer on, but make sure you get there in time, they will be watching for you!
- Following the Event List in the program are the Heat Sheets (or sometimes called Psych Sheets). The Events are listed in the same order as the Event List (usually on the front page). The swimmers are divided into Heats below each Event in order of their "Seed Time" – their personal best time so far in this event. If the time is NT, that means No Time and they have not swam this event yet. Heats generally run slowest to fastest. See the attached example of an Event List and Heat Sheet.

The Meet

- Swimmers compete with same gender (with a few exceptions)
- Swimmers compete with same speed (not age) in an event, meet is set up so similar entry times swim against each other. If your swimmer has no time (NT) they will be grouped with other swimmers with No Time.
- Swimmers may race in a max of 4 individual events and 2 relays.
- Swimmers placement (results) will be based on timed results against only swimmers in their age category. ASSA age groups are (May 1 birthday):
 - 6 & under
 - 7 & 8
 - 9&10
 - 11&12
 - 13&14
 - 15-17
 - 18 yrs & Over (sometimes called Masters)

What to Bring:

- For the Parents/Family: This can be a long day for the family, but if you bring the right things to make it a comfortable day, it can be very enjoyable.
 - Chairs for the family
 - Highlighter, Sharpie Pen
 - Something to do or read while waiting between races
 - Cooler packed with healthy food and drink for everyone in family including swimmer – lots of water – there is often a concession available but not always healthy food
 - Money for programs, food, goggles, caps, etc...
 - It's hot in the pool area, but can be cool in the waiting areas (often an arena or outside); layers are best
 - If you are officiating, preferably a white top and black shorts or pants (not mandatory) – be prepared to get wet! Officials and volunteers are provided free refreshments and lunch.

- For the Swimmer:

- Team Swimsuit
- Team cap
- Team apparel – shirt/hoodie
- Goggles
- Extra goggles
- At least 2 towels
- Warm clothes to put on, sweats, etc... even if nice out (other than clothes that you came in)
- Sleeping bag, air mattress, blankets to hang out on while waiting
- Pillow to relax with
- Something to do between races - electronics, soft balls, reading, games, etc.



Relays: There are 2 types of relays – Freestyle and Medley. Late morning or early afternoon the coach will post a sheet with the relay teams on them. Relays can be the last races of the meet, but not always. The swimmer has to check what relay team they are on and what order they will be swimming. They will be marshalled in the same way as before, by event number, but as a team. It is EXTREMELY important to let the coach know when you sign up or first thing in the morning of the meet if you will not be staying until the end of the meet and might miss a relay. If one person from a relay team does not show, the whole team cannot swim.

Officiating: If you are interested in officiating at an out of town meet, and did not get the chance to sign up beforehand, ask for the Officials' meeting place and there should be a spreadsheet posted. If there are positions open you would be welcome to fill in your name. Do not count on a position being available as they are usually filled. Listen for and attend the Officials meeting which usually occurs 15-30 minutes before the first race. There is always a morning shift and an afternoon shift. There is usually only a morning officials meeting and sometimes there is not an official lunch break. Afternoon session Officials should listen for announcements to have some lunch and switch off with morning Officials when asked to.

Results: Heats occur one after the other. Best Time ribbons may be given out as your swimmer leaves their lane (meaning they got their best time so far this year), otherwise the results of the race will be posted later in a common area listed by Boys/Girls, Age and Event. Another option is to buy the App *MeetMobile* to see the unofficial results electronically. You'll be able to see how well your swimmer did! MeetMobile is dependent on a good WiFi connection, so not all pools are able to run it.

Things to Remember:

- It is very important to alert the head coach if you cannot attend the meet after all (illness, emergency) as the coach has to "scratch" the swimmer (the coach has a deadline to alert the host meet organizers if a swimmer is unavailable so that swimmer is removed from their heats so there are not empty lanes).
- It is very important to alert the coaches in the morning if you do not plan on attending the full meet, so that they do not put your swimmer on a relay team. Be prepared to stay until 4-6:00 pm.
- Swimmers can be disqualified from races if stroke rules are not adhered to. Be prepared for tears, especially from the young ones.

EXAMPLE ONLY. 1st Page of an EVENT LIST: The first event would be Event #31, Girls 7&8, 50m Freestyle. The second event would be Event #32, Boys 7&8, 50m Freestyle, etc. Within these Events could be several Heats.

Calgary Swordfish
SAIT Swimming Pool, Calgary

EVENT LIST

Girls		Boys
31	7 & 8 50 m Freestyle	32
33	9 & 10 100 m Freestyle	34
35	11 & 12 100 m Freestyle	36
39	15 & 16 100 m Freestyle	40
37	13 & 14 100 m Freestyle	38
41	17 & over 100 m Freestyle	42
127	6 & U 25 m Flutter board	128
45	7 & 8 25 m Butterfly	46
47	9 & 10 25 m Butterfly	48
49	11 & 12 50 m Butterfly	50
51	13 & 14 50 m Butterfly	52
53	15 & 16 50 m Butterfly	54
55	17 & over 50 m Butterfly	56
57	6 & U 25 m Backstroke	58
59	7 & 8 25 m Backstroke	60
61	9 & 10 50 m Backstroke	62
63	11 & 12 50 m Backstroke	64
65	13 & 14 100 m Backstroke	66
67	15 & 16 100 m Backstroke	68

Calgary Swordfish Invitational 2011 - 2011/06/24 to 2011/06/25
Meet Program - Friday

Event 110 Boys 15-17 200 SC Meter Distance Free
SSA Record: 2:00.80 2009 Keane Morrow

lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 07:00 PM			
1			---
2			---
3	Long, Cameron	17 E: Calsw	2:29.92
4	Bester, Brent	15 E: Calsw	2:31.01
5			---
6			---

Event 77 Girls 8 & Under 100 SC Meter IM
SSA Record: 1:29.63 2009/08/15 Miranda Kasko

lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 07:05 PM			
1			---
2	Bester, Kaitlin	8 E: Calsw	2:23.87
3	Burdett, Brielle	8 E: Coch	1:49.56
4	Bettenson, Lauren	8 D: r dr	1:59.22
5	Billinton, Fiona	8 E: cal t	NT
6			---

Event 78 Boys 8 & Under 100 SC Meter IM
SSA Record: 1:31.34 1998 Blake Andre

lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 07:08 PM			
1	Legrandeur, Brady	8 E: Okot	NT
2	Jeftic, Marko	8 E: Calsw	2:13.13
3	Tarrant, Michael	8 E: hi rv	1:45.17
4	Jeftic, Luka	8 E: Calsw	2:13.05
5	Tefera, Samuel	8 E: Calsw	2:32.88
6			---

Event 79 Girls 9-10 100 SC Meter IM
SSA Record: 1:20.73 1999 Jillian Tyler

lane Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 07:10 PM			
1			---
2	Griffiths, Abigail	10 E: Okot	NT
3	Thai, Ashley	10 E: cal t	NT
4	Diemer, Helena	9 E: Calsw	NT
5			---
6			---

Heat 2 of 3 Finals Starts at 07:12 PM

1			---
2	Broadley, Teagan	9 E: tr vl	2:32.44
3	Watson, Alexandra	9 E: cal t	2:11.94
4	Anderson, Rachel	10 E: Okot	2:14.72
5	Drew, Sabrina	10 E: Calsw	NT
6			---

Heat 3 of 3 Finals Starts at 07:15 PM

1	Nusl, Sarah	9 E: Coch	1:54.96
2	Williams, Andersen	9 E: cal t	1:43.50
3	McIsaac, India	10 E: Calsw	1:28.55
4	Burdett, Madeleine	10 E: Coch	1:31.15
5	Gross, Stephanie	10 E: Coch	1:53.39
6	Wieland, Nicole	9 E: Okot	2:04.11

Event 80 Boys 9-10 100 SC Meter IM
ASSA Record: 1:18.29 1989 Michael Pinder

lane Name	Age	Team	Seed Time
Heat 1 of 2 Finals Starts at 07:18 PM			
1			---
2	Schnell, Sean	10 E: Calsw	NT
3	Rogans, Cory	9 E: cal t	2:17.67
4	Ossadtchi, Victor	10 E: cal t	2:31.11
5	Sales, Alexander	10 E: Okot	NT
6			---

Heat 2 of 2 Finals Starts at 07:20 PM

1	Froese, Joshua	10 D: r dr	2:11.51
2	Dewacht, Karson	10 F: Leth	2:04.50
3	Bester, Luke	10 E: Calsw	1:40.62
4	Manchester, Pierson	9 E: hi rv	2:01.35
5	Metituk, Geoffrey	9 A: gr pr	2:08.44
6	Legrandeur, Kale	9 E: Okot	2:15.08

Event 81 Girls 11-12 100 SC Meter IM
ASSA Record: 1:13.98 2003 Jessica Kelly

lane Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 07:23 PM			
1			---
2	Rincon, VALENTINA	11 E: Calca	NT
3	Jubenvill, Claire	12 E: Calca	NT
4	Drew, Sierra	12 E: Calsw	NT
5			---
6			---

Heat 2 of 3 Finals Starts at 07:25 PM

1			---
2	Matchim, Katelyn	11 E: cal t	2:16.61
3	Metituk, Emily	11 A: gr pr	1:42.52
4	Bykowski, Janelle	12 F: Leth	1:46.18
5	Zhao, TRACY	X 12 E: Calca	NT
6			---

Heat 3 of 3 Finals Starts at 07:27 PM

1	McCaffley, Lauren	12 E: cal t	1:37.56
2	Gladue, MacKenzie	12 E: Coch	1:33.31
3	Kelly, Lisa	11 E: Calsw	1:27.88
4	Unrau, Emilie	11 D: r dr	1:33.18
5	Dickey, Jenna	12 E: Calsw	1:36.54
6	Froese, Kiana	12 D: r dr	1:39.83

Event 82 Boys 11-12 100 SC Meter IM
ASSA Record: 1:10.34 1998 Johnny Mo

lane Name	Age	Team	Seed Time
Heat 1 of 2 Finals Starts at 07:29 PM			
1	Hwang, BRAD	X 12 E: Calca	NT
2	Lavis, Tyson	12 E: Coch	1:55.21
3	Tamkee, Matthew	12 E: Calsw	1:41.81
4	Abel, Dylan	12 E: Calsw	1:47.17
5	D'Haene, Trystan	12 E: Okot	NT
6			---

This is an example of a **Heat Sheet (or sometimes called Psych Sheet)** – e.g. Event 81, Girls 11-12, 100 Meter IM, Jenna Dickey, 12 years old, Region E, Calsw (Swordfish), she is in Heat 3 of 3 in Lane 5. Her Best time or Seed Time is listed. If it says NT (No Time) that means the swimmer has not swam this event yet so that swimmer will swim in the first heat. Heats run slowest to fastest. Heats are subject to change if swimmers scratch (cancel from race). Don't be surprised if your swimmer swims in a different heat than listed on the program.

OFFICIATING/VOLUNTEERING

Swim Clubs cannot function without the assistance of Parent Volunteers. Swim Meets cannot run without approximately 80-100 officials and volunteers signing up. We are fortunate in our club to have an amazing Officials Coordinator. **Michelle Loroff** will be communicating how to become an official, whether online or attending a clinic, how to advance from a Level I to a Level II position and how to sign up for each swim meet if you intend on officiating. It is imperative that parents officiate at the Swordfish meet on July 4th at the U of C.

Level I: Timer, Finish Judge, Marshall

Level II: Clerk of Course, Chief Timekeeper, Chief Finish Judge/Chief Judge, Electronics, Recorder/Scorer, Judge of Stroke & Turns, Head Lane Timer

Level III: Starter, Meet Manager

Level IV: Referee, one-year evaluation period in province

There are also other ways to volunteer your time – there is always a need for runners on deck, food runners, heat sheet sales, social event coordination, etc. Watch for these volunteer opportunities being communicated as well as they can count towards your volunteer commitment.

The backgrounds of parents vary between previous swim club members to parents who have never seen a swim meet before. No matter what your experiences are, volunteering or officiating is a rewarding experience and there is no need to be intimidated. There are many experienced officials who will gladly show you the ropes. Officiating means you get the best seat in the house, you are close to the action, and you are provided lunch!