

Swim Meet Overview

DASH participates in many different types of swim meets. The team hosts several meets a year and will also attend other in-state meets as well as out of state meets. Swim meets provide an opportunity to show off the skills learned and perfected at practice. Meets also provide motivation and incentive for practice. Individual improvement, goal achievement, and the development of a championship attitude are the goals of DASH swimmers at meets. USA Swimming sanctions all meets DASH participates in. This ensures certain standards of officiating, safety, and fairness are observed. All swimmers attending these meets are members of USA-Swimming.

Meet Schedule

Most meets take place on weekends. These meets may be one day, two days, or two and a half day meets. Some meets have all age groups participating in one session. These are usually the one day meets. Some meets are divided into two sessions per day, with specific age groups participating in each session. These meets are usually the two day meets.

Types of Meets

Some meets are open to all swimmers and some meets have time standard requirements in order to participate. The open meets allow any ability of swimmer to participate. The meets that have time standard requirements are more selective in what swimmers may be eligible. These types of meets set time standards and in order for a swimmer to participate in the meet, the swimmer must have the required time standard in the event that he/she would like to swim.

The winter season, which runs from September through March, is considered the short course (25 yard) season. All meets are swum in a 25 yard pool. The summer season runs from April through August and is considered the long course (50 meter) season. Most of the meets in the summer are swum in a 50 meter pool. Throughout both seasons there are many meets to choose from. Both seasons culminate in a state championship meet.

In the short course season, there are separate 12 and Under Championships and 13 and Older Championships. These are held on different weekends, and hosted by different clubs. During the long course season, there is a single State Championship meet. In order to swim at these meets, each swimmer must have a qualifying time, "Q" time, in any event that he/she wants to swim. These "Q" times are available from the coach. Throughout the seasons, each swimmer's goal is to try and make a "Q" time. Once a swimmer achieves a "Q" time, this time is good for the entire time that a swimmer is in that specific age bracket. If a "Q" time is not achieved in an event throughout the season, the week before both short course and long course competition is the Regional Meet. The

Regional Meet is a Q- meet which means that a swimmer can only swim the events that he/she does not have a “Q” time in. If a swimmer achieves a “Q” time at the Regional Meet, this event can be swum at the state meet. All swimmers who have qualified for the state championships are expected to attend these meets and represent CIA. This is beneficial for both the team and for the individual, for it is at the end of the season, when swimmers are best prepared for the final competition of the season. The 12 and under meet is held on one weekend and the 13 and older meet is held on the next weekend.

In addition to state meets, there are other meets which require tougher time standards than “Q” times. Zones is the highest age group meet with a time requirement of AAA in any event swum at Zones. The Zone Meet is only offered in the summer the weekend after Long Course State. The Zone Meet is swum in a 50 meter pool. Sectionals and Nationals are nonage group meets that have even higher time standards than Zones. A swimmer would need to check the USA-S calendar to determine the dates of these meets.

Signing up for a Meet

When DASH receives a meet invitation, copies are made available to swimmers and are posted on the bulletin board in the DASH room. Each meet entry form consists of a cover sheet which explains the specifics and a schedule of events which explains the events taking place at specific sessions of the meet. Generally, there are entry limits as to how many events each swimmer can swim per day and for the whole meet.

To enter a meet:

1. A swimmer needs a meet [entry form](#) which can be found in the DASH room.
2. At the top of the form, the swimmer’s first and last name, meet name, meet date should be filled out.
3. After looking at the schedule of events and the required number of events that a swimmer can swim, decide what events the swimmer wants to swim.
4. Using the schedule of events, place the number of the event that the swimmer wants to swim and the day it is swam by the event description on the form.
5. On the entry form, there is a due date for the sign up for the meet. This date is very important. Getting the entry form in by this date assures your chances of getting into the meet. Also, this gives the coach ample time to enter your swimmer’s times accurately into the meet. When the due date is missed, there is a possibility of not getting into the meet.
8. There is a fee for each event entered at a meet. On the entry form, the fee of each event listed. This fee should be written on the form and multiplied by the number of events chosen to get a total.
9. There is also a splash fee for entering the meet. This is also listed on the entry form right below the event fee. Once the meet fee is calculated, please place

payment for the meet in an envelope along with the entry form and seal it. Fees must be paid at the time of entry.

12. Please place meet entry envelopes in Coach Doug's mailbox located in the DASH room.

Swim Meets

Before the meet starts:

Arrive at the pool at least 15 minutes before the scheduled warm-up time begins.

Upon arrival, find a place to put your stuff. The team usually sits in one place together, so look for some familiar faces.

Find a DASH coach and let him/her know that you have arrived at the meet.

Check to see what events you are swimming. Some swimmers write each event-number on their arm or leg. This helps him/her remember what events he/she is swimming and what event number to listen for.

Get your cap and goggles and report to the coach for warm-up instructions. It is very important for all swimmers to warm-up with the team.

After warm-up, go back to where your towel is and prepare for the meet. This would be a great time to make sure that you go to the bathroom and/or get a drink.

According to USA rules, parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels.

A program is usually available for sale in the lobby or concession area of the pool. There is a fee for the program. This lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time in that event is listed. If the swimmer is swimming an event for the first time, he/she 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.

During the Meet

A swimmer's event number will be called, usually over the loudspeaker. A swimmer will either be asked to report behind the blocks or to the clerk of course. The clerk of course will usually line up all the swimmers and take them down to the pool in the correct order. Swimmers should report with his/her cap and goggles. Generally, girls events are oddnumbered and boys events are even-numbered.

The swimmers swim their race.

After each swim, the swimmer should go immediately to the coach. The coach will discuss the swim with each swimmer.

After the Meet

When a swimmer has completed all of his/her events, he/she and their parents get to go home. Make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and he/she is not there.