



GENERAL SWIM MEET INFORMATION

For Swimmers

- 1. Team Apparel** - Swimmers must wear a Delta team suit at all swim meets. If your suit has not yet arrived, you can wear any suit that you choose. Please speak to your group coach if you have any questions.
- 2. Positive Check-In** - Most meets have a positive check-in area for that day's events. This is typically a table set up by the entrance for all swimmers in all teams to check-in. This is not done by or with your coach. When there is positive check-in - Make sure the swimmer positive check-ins when they first arrive to the facility. This is very important or your swimmer won't be entered in the meet. There should be a posting in the facility where positive check-in is located. Your child should highlight his/her name at the positive check-in table along with the event numbers he/she will be swimming for the day. They will have to do this each day off the meet. Be sure they check in for their events as soon as you arrive at the pool. If you don't check-in before check-in closes (usually 15-20 mins into warm-ups), you will not be seeded into the meet.
- 3. Warm-up Times** - Warm-up times are always listed on the meet page of our web site. Swimmers need to be on deck for warm-ups on time so that we can get enough lanes to get in a proper warm-up. Please have your swimmer ready to go in his/her cap and goggles at the time listed on the meet page. All swimmers must attend warm-ups.
- 4. Bullpen** - At some meets, there is a bullpen (or staging area) for younger athletes. This is typically done for 8&U or 10&U events. When a bullpen is available, swimmers will be lined up by volunteers for their races. Announcements will be made as to which event should be in the bullpen throughout the day. Coaches will let swimmers know at the meet if a bullpen is available for their age group or races.
- 5. Entries** - All entries are posted on our website. This includes the event number and seed time. Some swimmers like to have their events written down on their hands, particularly our younger swimmers. Please write these down ahead of time, as the coaches do not have time to write every swimmer's events down for them. There is another PDF on the Meet Information page of our website with a picture of a simple way to write your events on your hand so that you know your event, heat, and lane at the meet. Heat sheets will be posted and made available once positive check-in is closed and the meet is seeded by the officials. They are usually not available until 5-10 min prior to the start of the meet.
- 6. Relays** - There are relays available at many of the meets we attend. The coaches will post a list of relay swimmers on deck as the meet goes on. Be sure to check with your coach if you are in a relay before leaving the meet. Relays are typically (but not always) the last event of each session. If you are unable to swim in a relay, please notify your coach immediately before you get in the water for warm-ups.

For Parents

Before the Meet Starts:

1. Make sure you watch your swimmer positive check-in when you first arrive to the facility. This is very important or your swimmer won't be entered in the meet. There should be a posting in the facility where positive check-in is located. Your child should highlight his/her name at the positive check-in table along with the event numbers he/she will be swimming for the day. You will have to do this each day off the meet.

2. After checking in, find your swimmer a spot in the team area and send them to the pool to find his/her coach for warm-up instructions. Warm-up is very important for the athletes to get prepared to race. Swimmers need to be on deck, ready to swim at the posted warm-up time. With the exception of meet workers needing to be on deck (timers, safety marshall, etc), parents are not allowed on the pool deck at any time.
3. After warm-up, your swimmer will be sent back to the team area to get ready for his/her first event.
4. At several meets, 10 and under swimmers will be lined up for their events by the volunteers for that particular meet. This is called the Bullpen. It is your swimmer's responsibility to be paying attention to the volunteers who are lining up the kids and announcing the events by heat and lane. Any swimmer over 10 will be responsible to get on deck on their own for their events. Swimmers should have warm-ups/towel on until they are ready to swim as it can get cold on the way to the pool.
5. Heat sheets will be usually be available for parents right before the first event of the meet. There is a charge for heat sheets by the host. This will tell you the heat and lane your child is in for each event. Heat sheets cannot be printed until positive check-in is closed, so don't expect these when you arrive to the meet. Heat sheets will also be posted around the pool area.
6. Sometimes, if your child is in the first or second event, the heat sheet may not be ready yet. Swimmers should get to the bullpen or see their coaches for their lane assignments.
7. Bring at least one sharpie marker to write your child's: event number, event name, heat and lane assignment on their arm prior to warm-ups. Heat and lane assignments won't be available until heat sheets come out. Check the Meet Information page of our website for an example.
8. Send your child with plenty to drink and eat throughout the meet. Encourage them to stay hydrated. Most meets provide concessions too.

After the Meet Starts:

1. After your child's swim, they should ask the timer his/her time. They should then go and immediately talk to his/her coach about the race. At some meets, there will be a warm-down pool available and the coach will give them warm-down instructions if available. The swimmer will then go back to the team area. Please be sure you encourage your swimmers to speak to their coach first after the race.
2. Things that you, as a parent, can do after each swim: Tell them how great they did! The coaches will go over stroke technique/race strategies with them. You should give them a high five/hug and let them know you are proud of them.
3. Your child may be DQ'd during a race. This is ok! They won't get a time for that event. They can ask their coach why they were DQ'd and they can learn for the next time when they swim that event not to repeat the error.
4. It can be cold waiting in between races. Send sweatshirts, pants, robes, towels, etc!
5. Their first meet can seem overwhelming. That's normal. By the second or third meet the kids will know what to do and feel more comfortable on deck.