

Tsunami Swim Meet General Information Guide

- **Signing Up for a Meet**

Approximately 3-4 weeks before a meet, an informational meet package and sign-up sheet will be posted on the Tsunami board (next to the team office).



- In addition, the event will be listed on our Facebook page as well as on our website: www.tsunamiswimming.ca.
- The posted meet package will give all the information necessary about the meet, including dates, times, events, fees and sign-up deadline.
- Meet entries must be uploaded to Swim Canada usually within 10-7 days prior to the meet. Thus it is imperative that you sign your child up in a timely manner.
- If for some reason, you can no longer attend a meet for which you have signed up for it is very important to let the head coach (Veronique) so that your swimmer can be *scratched*. If you decided to scratch within 1-2 days of the meet, meet fees will most likely still be due.
- Swimmers may choose their events or can let their coach choose for them. Generally, we like kids to swim their 'favourites' as well as one challenging/harder event. Once the entries have been uploaded and approved, swimmers will receive an email advising them which events they have been entered in.
- About a week before the meet, an email will be sent to you with your meet fees owing. Meet fees must be paid before the first day of the meet or you swimmer will not be allowed to swim.
- Meet fees are listed on the posted meet package and will also include \$5/day for coaching fees.
- Please make your cheques out to: Tsunami Swim Team

What Swimmers Should Bring

- Your swimmer will be in and out of the water several times during the course of a meet. It is important that swimmers remain warm and dry between races, therefore please bring at least 2 towels.
- A spare bathing and spare goggles are optional but a very good idea.

- A warm hoodie and a tuque to keep the muscles warm in between races.
- Hydration and proper nutrition. Water is the best choice. High sugar sport drinks are not recommended. Swimmers should graze throughout a meet. Many parents bring small coolers to the meet with water, small snacks (hard boiled eggs, apple sauce, bagels, pretzels, fruits and veggies etc.) to help fuel the swimmer fuel and hydrate between event.
- Team wear! Wear your T-shirt, tuque and team jacket with pride.
- Something(s) to keep busy between races.

What Parents Should Bring

- Lots of patience and encouragement. In the first few meets, do not pressure your swimmer – they are in many cases just getting their fitness level going and as the season progresses, you will see really great things from all our swimmers. We ask that you encourage, and leave the coaching to the coaches.
- Food and hydration – pools can become very hot and humid especially filled with hundreds of people.
- A folding camping type chair. Though a lot of pools have bleachers, sometimes there is not enough room for everyone or even if you do get a seat on the bleachers, you may find yourself with somebody's knees in your back or kids crawling all over your stuff. It's nice to have the option to sit anywhere you please.
- A highlighter and pen – heat sheets are sold at some meets. These list the events and all the swimmers swimming in those events, their best time (if they have one) and in the order they will swim. Parents generally will highlight their child's name making it so much easier to know exactly when he/she will swim.



After You Arrive at the Meet

- Once arrived at the host pool, find our group, we try to sit together as a team. The kids have a better more enjoyable experience that way. Also, it helps the team (both kids and parents) bond.

- Swimmers should get changed and have their suits on at least 15 minutes before the actual wet warm-up. At this point there is no need to put the cap or goggles on.
- About 15 minutes before the warm-up is to start, we will take the kids through deck activation very similar to the one we do at practice.
- During this time, it is a good idea for parents to get their kids stuff organized, get a heat sheet (optional) and highlight your child's events. Some kids, especially the younger ones, may want their events listed on their hand. This helps them know what they are doing that day and also helps them figure out when they are going to be swimming.

Heat Sheets

- Once all clubs have uploaded their entries to Swim Canada, the host club will take all these entries and place the swimmers in the appropriate events and heats. This information is listed on a *heat sheet*.
- First swimmers are sorted by gender, then event, then entry time (notice age is not a classification).
- Swimmers are then placed in groups of 6 or 8 (depending on how many lanes the host pool has), seeded slowest to fastest.
- Each group of 6 (or 8) will race together and this is called a heat. If there are 45 girls (all ages) entered in the 100 Free, and the host pool has 6 lanes there will be 8 heats (8 races).
- Generally girls swim together and boys swim together, alternating between each.
- Thus the 100 breast will run all heats of girls and then will run all heats of boys.
- Most meets run slowest to fastest but that is not a solid rule.
- If a swimmer has no time for a particular event (NT) then he/she will most always be placed in the first heat of an event with other NT swimmers.
- Also on the heat sheet, you will see next to your child's name a lane number, thus from the heat sheet you will know what event your child is in, what heat of the event, what lane and what his/her entry time is.
- Because the heats are organized by gender, event, entry time....you will notice different ages racing against each other. However, since the

swimmers have similar times, they are in fact equally matched to race against each other.

Meet Warm-ups

- Even at the smallest most beginner regional meets, there will be in-water warm-ups for about 20-30 minutes. All teams, all swimmers generally will warm-up at the same time, thus be prepared for chaos.
- Our swimmers are used to being no more than 6 per lane, during meet warm-ups there could be up to 30 kids in each lane. However, we have properly prepared the kids for this by swimming them several times during practice all in one lane for about 15 minutes, thereby giving them a good idea of the organized mayhem.
- Warm-ups obviously warm the swimmers up and get their joints moving, especially after a long drive to the host pool. It is also a chance for swimmers to get used to the new pool, the feel of the water and the different dive blocks.



Racing

- Swimmers will start lining up behind their appropriate lanes about 5-7 minutes before their heat is to begin. A Tsunami coach will bring all novices to their appropriate lanes for the first couple meets and will remain with them until it is their turn to step up on the block.
- Heats are run one after the other with only seconds in between each heat.
- Swimmers swim their races and then stay in the water close to the wall. Above them the next swimmer (in the next heat) will be getting ready to race.
- Once the next swimmer has dove and is swimming, the swimmers can get out of the water.
- After each race, swimmers are asked to come and talk to their coach for feedback. However sometimes the coach is busy timing another Tsunami swimmer, in that case, the swimmer can wait a bit or go back to the team sitting area. Eventually the coach will come over for a little chat.

Meet with Finals

- Most regional meets are *timed finals*, which mean there are no finals. The swimmers swim each of their races only once.
- *Finals meets* will run morning races (preliminaries) and late afternoon finals (top 6 or 8 for each event).

Results

- Results are posted somewhere on the pool deck or in the lobby of the host pool.
- In addition, for some meets (usually bigger meets), results are also available on the host's website and by using apps (Live Results and MeetMobile), both are available on iTunes.
- A few days after the meet, full club results will be posted to our website: www.tsunamiswimming.ca and posted on our information board (next to the team office).

Awards

- Some meets have ribbons but more and more clubs are choosing to do a time card which lists all the times of each particular swimmer, including time and placing.
- Awards or time cards will be handed out as soon as the coach gets them from the host club (sometimes it's immediately and sometimes it may take 2-3 weeks).



Q & A

I signed up for a meet, but the day before I had to scratch, why am I still being charged meet fees?

If you scratch after the 'scratch date' listed on the meet package you risk being stuck paying meet fees even though you did not attend. This is a North American standard to ensure a solid attendance.

Why is my child not on a relay?

Relays are made up of 4 swimmers, usually of the same gender and the same age group. Sometimes we may have 5 or 6 swimmers that could fit into the category however only 4 can swim. I will try to ensure every child gets a turn at participating in a relay. However there may come a time when one particular group of 4 swimmers are a good fit, swim very well and win often. In that case, I may keep those 4 swimmers together and not alternate between other swimmers.

What is DQ?

DQ mean disqualified. As you already know, during our practices coaches spend a lot of time working on technique including racing skills such as dives and turns. Every stroke (free, back, breast, fly, IM), turns and dives have rules which the swimmer must abide by. Officials at all sanctioned meets (usually seen wearing white) line the sides of the pool watching swimmers as they race. The officials are looking for errors in the rules as regulated by Swim Canada. Most new swimmers will make a lot of errors when they first start competing, disqualification is a normal part of the learning curve.

In the results, a DQ will be listed at the bottom, sometimes with a time and sometimes not, either way a DQ's time does not count and is not updated into the system.

There is no shame or sadness in a DQ, it is a normal part of competing, all swimmers get them occasionally even after years of swimming.

My child loved the meet and wants to do more competitions, but she is registered as a pre-competitive?

Just let the head coach know via email that you wish to upgrade to a competitive status. Fees are higher for competitive swimmers, so there will be a fee due (the difference between the pre-competitive and the competitive rate).

It generally takes no more than a week to get a competitive upgrade approved by Swim Canada.

My swimmer missed her race, I thought her coach was responsible for getting her to her lane on time?

Coaches are not responsible to getting swimmers to their appropriate lanes for a race. Coaches will do their best to ensure that swimmers are getting ready and heading to their lanes on time however swimmers (and their parents) are ultimately responsible for making sure they know when their events are. This is another great reason why the team sits together.

What if my son decides half way through the meet, he does not want to do a particular event?

Swimmers can scratch from their events at any time during the meet. Please let the coach know immediately so that the meet manager can be made aware.

