



Swim Meet 101

Meets are an important aspect of swim; it allows us to gauge progression of your swimmer and creates a competitive atmosphere to elevate their abilities to improve. Below are some of the most important things to know about swim meets.

Index of Terms:

Meet	A swim competition with multiple teams
Intersquad Meet	Beginner-level competition with only CSTE in attendance
Registration	The sign-up process for a swim meet. Meets can be found in the "Meets" tab on your Commit account
Meet Information	Included during the registration process, typically a document with information such as "warm up" times and other important meet information
Registration Deadline	Found in the meet information on the website, registration for a meet must be completed before this date
Session	The period of time your swimmer is at the meet each day. Sessions will sometimes be broken up by age or ability level
Timeline	Will provide a start and end time for each "session" throughout a meet
Activation	Starts 10-15 min before "warm up". Your swimmer will arrive to stretch and get ready for a pre-competition swim
Warm Up	The short "practice" period of time before the competition starts where swimmers will prepare for their races with their coach/team
Check In	Each swimmer must "check in" at the designated "check in" table before "warm up" so that the "meet host" knows that your swimmer is competing. Coaches will assist with this!
Heat Sheet	A document that will provide information on which "event", "heat" and lane your swimmer is in during the "session"
Event	Specific Race (ex. 50 Freestyle)
Heat	Events are broken up into "heats" of 3-8 swimmers. Larger meets have more "heats" in an "event" due to a larger number of swimmers. Heats are swum in numerical order

Event Selections:

As coaches, we look to make your swimmers' meet as successful as possible. In doing that, we decide on what events your swimmer competes in. This ensures that your swimmer is not only competing in events that they are able to do, but also to compete in events that we have been working on in practice following up to the meet.

What to Bring:

Meet sessions can last several hours (2-5). Most important, make sure you pack your cap(s), goggles, suit(s) and 2 towels. Although we live in a warm weather area, make sure you pack warm, loose-fitting clothes like sweatshirts and sweatpants to retain adequate body temperature.

Nutrition:

This is also a vital part of ensuring your athletes' ability to attain their highest level of performance.

When considering what to bring, try thinking about natural, easy to transport and easy to digest foods. Things like fruit, granola bars, carrots and almonds are great things to snack on in between races. Food like candy, fatty-based meals, heavy sugar-based foods are not advisable. Heavy and dense foods like bagels, as well as drinks like soda are also highly discouraged.

How Meets Work:

When first showing up to a meet, there will be a check-in desk to sign in at so the meet director knows you are present. Following you checking in and setting up your seat, warmup will follow where you will gather with your teammates and coaches to run a set warmup. You will be along with many other teams who are also warming up as well.

Following warmup, the meet begins. Meets have multiple events, typically split into separate age groups. Inside each event will be separate heats, within each heat your swimmer will have a designated lane that they will start in. FOR EXAMPLE: If your swimmer is in Event 9, Heat 4, Lane 3... A few events before your event, we encourage your swimmer to come up to their coach and talk race strategy. Once it is Event 9, there will be 3 races that start and end before it is your swimmers turn. When it is Heat 4, they will step up behind the block in their designated lane (Lane 3 in this example) and complete their race.

Supporting your Swimmer:

Watching your swimmer compete is highly exciting and a proud moment for us all. Here at CSTE, we understand that not only is your swimmer invested, but so are you. We would love to see you on the sideline cheering on your athlete as well as all of our swimmers. One major point we want to emphasize is performance and detail feedback. Everyday your coaches are invested in your athletes, working on an array of skills and technique to grow them as swimmers. When your athlete competes, we kindly ask you to leave that feedback to the coaching staff. We dedicate our time and effort into your athletes and have many conversations about your swimmers' events pre- and post-race. So, when it comes to critique, we want to make sure that you leave it to the coaches.

No-Show Policy/Illness:

If your athlete falls sick after you have registered for the meet, you will still have to pay for the meet fees. This is because those fees are sent to the meet host before the meet starts. If they are unable to compete for one or more days, please contact your coach as soon as possible so we are up to date and in the loop. Even 1 unexcused, missed event can disqualify a swimmer from competing for the rest of a competition. We appreciate your ability to communicate timely with us because once a swim meet starts, our coaches are fully invested in the athletes competing and may not be able to reply quickly.