

# SWIM MEET Information for NEW SWIMMERS

**The goals of summer swimming are fun, fitness and personal improvement.**

As we gear up for this season, we want to make sure everyone understands how a regular swim meet works, what help we need from parents and how the events are run for our swimmers. As a reminder - all meets generally start at 8:00 a.m., and generally finish between 12:00-12:30 p.m. For all swim meets, we recommend you bring your own chairs as furniture is very limited at most pools. Swimmers should also remember to bring goggles, 2 towels, a Sharpee pen, sun screen, and games or books to keep busy during down times.

**VERY IMPORTANT – PLEASE MAKE SURE THAT YOU INFORM THE COACH AND TEAM REP OF ANY SWIM MEETS THAT YOUR SWIMMER(S) WILL NOT BE ATTENDING, BY SIGNING THE “RED BOOK”. IF YOUR SWIMMER IS ILL THE MORNING OF THE MEET, PLEASE CALL A REP OR HEAD COACH BY 7:15 a.m. SO WE CAN MAKE ADJUSTMENTS.**

For our home swim meets, we need for everyone to be at the pool by 7:00 a.m. We have the right side of the pool (near the tennis courts) for home meets. Our swim warm-ups will run from 7:15 to 7:30 a.m. and the visiting team will warm-up from 7:30 to 7:45 a.m. For home meets, we will need, at a minimum, the following help from our parents: 1) donations of food/drinks for our concession stand and 2) we must provide a referee, starter, 4 runners, 9 timers, 1 head timer, 2 turn judges, 1 stroke judge, 2 parking lot monitors, about 6 people to help with the concession stand, 2 people to deliver water to the volunteers, 4 people to help with scoring and ribbons and 4-5 parents to help with the clerk of course. There will be a sign up sheet during practices the week before the meet to solicit help. With all of these positions, you will have time to make sure you see your kid(s) swim.

For our away swim meets, we need for everyone to arrive at the away pools by 7:15 a.m. Our swim warm-ups will run from 7:30 to 7:45 a.m. For away swim meets we must provide 9 timers, 2 turn judges, 1 stroke judge, 4 people to help with scoring and ribbons and 4-5 parents to help with the clerk of course.

The maximum number of events a swimmer can participate in is 5 (2 relay events and 3 individual events). Each event is divided in heats. For relay events, there is usually only one heat. For individual events, there are normally two heats, and additional heats may be swum to accommodate large age groups. Assuming a swimmer does not disqualify (swim incorrectly) in an event, they have the potential to receive a place ribbon and score points for their team. Those swimmers that do not get a place ribbon will receive a participation ribbon. Once a swimmer has swum in a particular event during the season, they will receive a “Personal Best” ribbon if they improve their time in that event by 2 seconds. We feel that this is the most important ribbon anyone receives during the season.

Depending on the size of the pool we are at (6 lane or 5 lane pool), we can only enter a certain number of swimmers in each event. At 6 lane pools, we can enter 3 relay teams (4 swimmers per team) in each relay event and normally only 6 individual swimmers in each individual swim event. At 5 lane pools, we can enter 2 relay teams and normally only 5 individual swimmers. Some swimmers may be asked to “swim-up” in the next age bracket depending on how many swimmers we need to accommodate for a meet. Our goal is to get as many events for swimmers as they are capable of swimming, but we have limitations just based on numbers. Even though the maximum number of events for a swimmer is 5, some swimmers may only get to swim in 2-3 events.

Meet entries will be emailed out to everyone, usually Fri night before the meet. Also, when you arrive at the meet and proceed to our designated team area, there will be listing all the events a swimmer is entered in. Please pay close attention to what event/heat is being swum. You will hear announcements asking for swimmers in certain events to go to their “clerk of course”. This gathering of swimmers is also called the “zoo”. The clerks of course are our team parents that volunteer to organize the swimmers and make sure they are in the right place at the right time to swim.

At most meets, the results of each event and a running score of the event are posted usually within 15 minutes of the completion of an event. The relay and individual event results will also be emailed out to everyone.

The Divisional Swim Meet is a 6 team meet in which our best relay team and top 2 individual swimmers from each event compete for the Division Championship. Usually about 40-50 percent of our swimmers will qualify for at least one event at Divisionals. If your swimmer has been selected for an event at this meet, you will receive a phone call from the Coaches or Team Rep the evening of our last regular swim meet. If you don't get a call, then your swimmer(s) were not selected.

To proceed from Divisionals to the Virginia Beach Swim League All-Star Meet, only the top 6 relay teams and top 12 swimmers in the entire league (consisting of 24 teams) will get selected (there will also be two alternate relay and two alternate swimmers selected for each event to fill in should there be a scratch). **BECAUSE WE ARE HOSTING ALL-STARS AGAIN THIS YEAR, ALL PARENTS, REGARDLESS OF WHETHER OR NOT THEY HAVE SWIMMERS IN ALL-STARS, ARE EXPECTED TO VOLUNTEER AT THE ALL-STAR MEET.**

**The top goals of summer swimming are fun, fitness and personal improvement.** If you have any questions about meets, swim events, the judging of meets, etc, please do not hesitate to contact the Team Reps.. Thanks in advance for all the support you will provide this season.

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For more Virginia Beach Swim League information & directions to meets try: **[www.vbsl.net](http://www.vbsl.net)**

# LITTLE NECK SWIM TEAM – NEW SWIMMER INFO SHEET

## SWIM MEET Order of Events

### Boys Event No. LIST OF EVENTS Girls Event No.

	100 Meter Mixed Freestyle Relay	
1	6 and Under	1
2	8 and Under	2
3	10 and Under	3
4	12 and Under	4
	200 Meter Mixed Freestyle Relay	
5	14 and Under	5
6	18 and Under	6
	25 Meter Freestyle	
7	6 and Under	8
9	8 and Under	10
11	10 and Under	12
	50 Meter Freestyle	
13	8 and Under	14
15	10 and Under	16
17	12 and Under	18
19	14 and Under	20
21	18 and Under	22
	25 Meter Breast Stroke	
23	8 and Under	24
25	10 and Under	26
	50 Meter Breast Stroke	
27	12 and Under	28
29	14 and Under	30
31	18 and Under	32
	100 Meter Individual Medley	
33	12 and Under	34
35	14 and Under	36
37	18 and Under	38
	Intermission (10 minutes)	
	25 Meter Backstroke	
39	6 and Under	40
41	8 and Under	42
43	10 and Under	44
	50 Meter Backstroke	
45	12 and Under	46
47	14 and Under	48
49	18 and Under	50
	25 Meter Butterfly	
51	8 and Under	52
53	10 and Under	54
	50 Meter Butterfly	
55	12 and Under	56
57	14 and Under	58
59	18 and Under	60
	100 Meter Free Relay	
61	8 and Under	62
63	10 and Under	64
65	12 and Under	66
	200 Meter Free Relay	
67	14 and Under	68
	200 Meter Mixed Medley Relay	
69	18 and Under	69

### SWIM MEET TIPS FOR NEW SWIMMERS:

- Arrive early.
- Check in.
- Know what events you are swimming.
- Write the events on your hand.
- Get to clerk of course early.

**SAMPLE OF SWIM MEET Entries:**

Licensed To: Little Neck Swim & Racquet Club

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**LN@NYCC-15July2006 - 7/15/2006**

**Entries - All Events**

1 Adair, Cassie - Female - Age: 17 - LN - DOB: 5/11/1989 - Ind/Rel: 3 / 0				
#22 Girls 18&U 50 Free	NT	1/3	#32 Girls 18&U 50 Breast	NT 1/2
#50 Girls 18&U 50 Back	NT	1/6		
2 Adair, Tess - Female - Age: 13 - LN - DOB: 7/15/1992 - Ind/Rel: 3 / 1				
#20 Girls 14&U 50 Free	47.52	2/5	#30 Girls 14&U 50 Breast	59.38 1/2
#48 Girls 14&U 50 Back	1:01.94	1/6	#68 Girls 14&U 200 Free Relay (1)	NT 1/6
3 Agola, Gabrielle - Female - Age: 11 - LN - DOB: 5/2/1995 - Ind/Rel: 3 / 1				
#18 Girls 12&U 50 Free	42.93	3/6	#28 Girls 12&U 50 Breast	51.76 2/6
#34 Girls 12&U 100 IM	1:50.27	2/6	#4 Mixed 12&U 100 Free Relay (2)	NT 1/6
4 Agola, Jason - Male - Age: 12 - LN - DOB: 3/17/1994 - Ind/Rel: 3 / 2				
#17 Boys 12&U 50 Free	37.40	2/4	#27 Boys 12&U 50 Breast	45.73 2/4
#33 Boys 12&U 100 IM	1:32.19	2/4	#4 Mixed 12&U 100 Free Relay (1)	NT 1/2
#65 Boys 12&U 100 Free Relay (3)	1:03.31	1/4		
5 Agola, Ryan - Male - Age: 9 - LN - DOB: 5/23/1997 - Ind/Rel: 3 / 1				
#11 Boys 10&U 25 Free	19.96	3/6	#43 Boys 10&U 25 Back	24.89 3/4
#53 Boys 10&U 25 Fly	25.25	1/2	#63 Boys 10&U 100 Free Relay (2)	NT 1/2
6 Alexander, Victoria - Female - Age: 10 - LN - DOB: 1/8/1996 - Ind/Rel: 2 / 1				
#12 Girls 10&U 25 Free	22.18	3/4	#44 Girls 10&U 25 Back	26.73 4/2
#64 Girls 10&U 100 Free Relay (1)	NT	1/4		

**SAMPLE OF SWIM MEET Program:**

Little Neck Swim & Racquet Club

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**LN@NYCC-15July2006 - 7/15/2006**

**Meet Program**

**Event 22 Girls 18 & Under 50 SC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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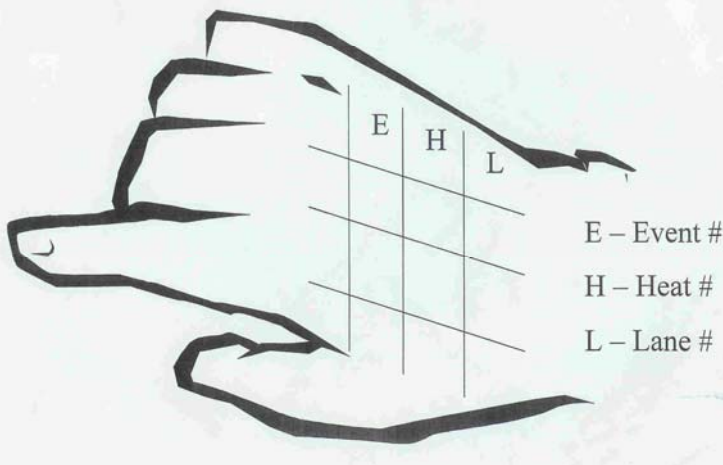
**Heat 1 of 2 Finals**

2	Baragar, Katy	16 LN	34.80
3	Adair, Cassie	17 LN	NT
4	Sterling, Elizabeth	17 LN	33.19
6	Balke, Ashley	17 LN	37.85

**Heat 2 (#22 Girls 18 & Under 50 SC Meter Freestyle)**

2	Talkington, Erin	18 LN	31.39
3	Meier, Megan	17 NYCC	31.21
4	Donnal, Virginia	17 LN	30.50
5	Pitts, C. C.	13 NYCC	36.28
6	Sharpe, Lauren	16 LN	32.53

Please write the following information on your child's hand. If swimming more than 3 events, please use both hands. It will help move the meet quickly and ease clerk of courses job. Use either ultra fine permanent marker or ball point pen. The lines are not necessary, just so you get the idea.



**SAMPLE OF HOW TO PUT SWIMMING INFORMATION ON CHILD'S HAND:**

For Victoria Alexander from above the grid would be:

<b>E</b>	<b>H</b>	<b>L</b>
12	3	4
44	4	2
64	1	4

**PLEASE CHECK:**

[www.vbsl.net](http://www.vbsl.net) for all swim league rules and for a copy of the rule book.