

## OPST Swim Meet Expectations

Programs and timelines will be sent out prior to the swim meet. This is usually available a couple days before the meet, depending on when the host team provides the information. **Print out the information for your reference.**

Using a highlighter, go through the program and locate the events in which your swimmer is participating. Each event is separated by gender, age and heat. If this is the first time for a specific race, you will usually find your swimmer in Heat 1 with a NT (No Time.) Heats are run slowest to fastest, unless it is a long-distance race.

Mark your swimmer with a listing of events for that day. Take a black Sharpie marker and write on their arm or leg. Most people make a chart with headers denoting E (Event); H (Heat); L (Lane); and S (Stroke). For example, Joe is swimming in four races.

E	H	L	S
#10	1	5	50 Free
#16	2	3	100 Back
#22	1	6	50 Fly
#32	1	7	100 Breast

Follow the program and listen to the announcer. If there is a clerk of course, be sure to have your swimmer listen for their events being called so they can get seated in the proper heat and lane for their event. Keep in mind, that it is the swimmer's responsibility to be in the water at the right time - and in the right lane - not the coaches and not the officials. Teach your swimmer to double check with the timers as everything is written on their body. They can just point to their arm and ask if they are in the correct lane.

**Parents are NOT allowed on deck or behind the starting blocks. Areas along the side of the pool are reserved for Officials and Coaches. Stay out of any other areas that are roped off.**

Your swimmer should have all his/her gear in tow (cap, goggles, towels, food, and water bottle). **Swimmers should wear team suits, caps and t-shirts at all meets.** It is very important for all swimmers to warm-up with the team. After warm-up, your swimmer will go back to the area where the team is sitting and wait until his/her time to go and wait behind the blocks. This is a good time to make sure any bathroom breaks are taken care of, getting a drink and/or snacks or just get settled in.

As with any sport, Officials will be studying the swimmers. If a swimmer does not legally perform a stroke, start or turn, they will receive what is called a DQ (disqualification). The swimmer will receive a No Time for the event. Generally, your child will learn this from the coach shortly after the event concludes. Officials will not talk to individual swimmers; instead, the coach will receive a DQ slip and the coach will talk to the swimmer and explain what occurred. Most swimmers will receive a DQ at some time or other, don't let your child get discouraged. There are a lot of little rules to learn. Learn from the DQ but don't get discouraged.

**After each event we ask that your swimmer reports directly to the coach first. It is best when the race is fresh in the coach's mind to go over a quick review. Your swimmer may come for a quick visit but it is important that they stay on deck with their teammates and cheer on their team.**