

SCCA Sharks

Parent's Survival Guide for Swim Meets

We want your swim team experience to be awesome! We hope these pointers will help you and your child have lots of fun, swim fast times, and make great memories.

- * Make sure your child stays hydrated and has a few snacks. Too much or too little of these can be bad news.
- * Encourage your child to cheer for their teammates. Relays are especially exciting because the four swimmers are swimming and cheering for each other from start to finish. Cheering enhances everyone's experience at the meet.
- * If your child needs to scratch an event (they are signed up for an event but cannot swim the race for a particular reason), please okay it with the Head Coach.
- * The coaches want to give swimmers feedback. Try and encourage your swimmer to come see one of the coaches after each event. We may be busy taking times or other various tasks, but we want to give your child some coaching and encouragement.
- * There are no disqualifications until city meet. You can help the coaches by encouraging good habits of the biggies: no touching the ground, touch the wall on turns, and don't use the lane line.
- * Familiarize yourself with the order of events. It will greatly help you and your child be more relaxed and prepared. **See the other side for the meet order and more information on heats, lanes, and other information.**
- * Some meets will have a heat sheet or program available. This will have all the events and swimmers with lane assignments and times. You may enjoy having all that information or it may be too overwhelming for you.

Feel free to let us know if there is anything we can help you with!

Order of Events

EVENT #: Odds are girls, Evens are boys

Age Group: Swimmers may move up an age group but not down

#1/2: 8 & Under 100 medley relay

#3/4: 9-10 200 medley relay

#5/6: 11-12 200 medley relay

#7/8: 13-14 200 medley relay

#9/10: 15-18 200 medley relay



Medley Relay:
Backstroke,
Breaststroke,
Butterfly, Freestyle

#11/12: 8 & Under 25 backstroke

#13/14: 9-10 50 backstroke

#15/16: 11-12 50 backstroke

#17/18: 13-14 100 backstroke

#19/20: 15-18 100 backstroke



Swimming Shorthand:
FR = Freestyle
BA = Backstroke
BR = Breaststroke
FL = Butterfly
IM = Individual Medley
R = Relay
MR = Medley Relay

#21/22: 8 & Under 25 freestyle

#23/24: 9-10 50 freestyle

#25/26: 11-12 50 freestyle

#27/28: 13-14 50 freestyle

#29/30: 15-18 50 freestyle

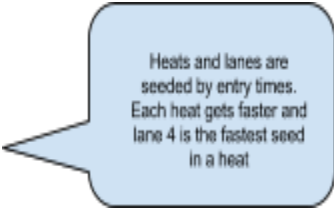
#31/32: 8 & Under 25 butterfly

#33/34: 9-10 50 butterfly

#35/36: 11-12 50 butterfly

#37/38: 13-14 100 butterfly

#39/40: 15-18 100 butterfly



Heats and lanes are
seeded by entry times.
Each heat gets faster and
lane 4 is the fastest seed
in a heat

#41/42: 8 & Under 25 breaststroke

#43/44: 9-10 50 breaststroke

#45/46: 11-12 50 breaststroke

#47/48: 13-14 100 breaststroke

#49/50: 15-18 100 breaststroke


#51/52: 8 & Under 50 freestyle

#53/54: 9-10 100 freestyle

#55/56: 11-12 100 freestyle

#57/58: 13-14 100 freestyle

#59/60: 15-18 100 freestyle



Some events may
be combined to
make
the meet go faster

#61/62: 8 & Under 100 individual medley

#63/64: 9-10 100 individual medley

#65/66: 11-12 100 individual medley

#67/68: 13-14 200 individual medley

#69/70: 15-18 200 individual medley



Individual Medley:
Butterfly,
Backstroke,
Breaststroke,
Freestyle