

# SWIM MEET CHEAT SHEET

## WHAT TO DO BEFORE A SWIM MEET

- 1) Go to [www.ntswwim.org](http://www.ntswwim.org) and click on 'calendar'. Most swim meet dates are posted 4-6 months in advance.
- 2) Typically a month before a swim meet, the meet information is posted on [www.ntswwim.org](http://www.ntswwim.org) under 'meet information'. Information about start times, warm-up times, meet fees, and swimming events are located there.
- 3) Entries are due 10 days before the scheduled start date of the swim meet to your swim coach. Entry forms are located at the pool or at [www.ntswwim.org](http://www.ntswwim.org), click on athlete/parents tab, click on 'consolidated entry form' under the section "Upcoming Swim Meets"  
If you do not have an escrow account, get one now! See your swimmer's coach.
- 4) Meet Entry Reports will be posted typically within 5 days prior to the swim meet on the MARS website. ([www.marswwim.org](http://www.marswwim.org), click on meet entries, then click on meet report)

## WHAT TO BRING TO A SWIM MEET

- 1) Swim suit. Team suits are highly encouraged. D&J Sports is our official MARS supplier of swimming suits and equipment. ([www.djsports.com](http://www.djsports.com) or 214-631-0057) Ask for the MARS swim suit and tell them your swimmer's size.
- 2) Goggles. I would recommend having two pairs of goggles if in case one of them breaks. Recommended brand of goggles – Speedo.
- 3) Towels – I would suggest 2 towels.
- 4) Most facilities do not allow food. All facilities do not allow glass containers. It is highly encouraged that your swimmer brings multiple bottles of water to the meet.
- 5) Lawn chairs for SWIMMERS ONLY – optional
- 6) Don't forget your MARS swim cap. If you do not have one, see your coach.
- 7) MARS t-shirt – Gotta Represent!!!

## WHAT TO DO ON THE DAY OF THE SWIM MEET

- 1) Show up 15-20 minutes prior to warm-up. Parking, finding a good seat, and 'check in' sometimes take a few minutes. Please have your swimmer dressed out prior to arrival to the swim facility. Locker rooms are crowded and every once in awhile, a swimmer realizes they left their swim suit at home.
- 2) 'Check in'- this is a **must**. If you don't check in the meet, your child will not be able to swim regardless if you paid your entry fees. Every event your child is pre-entered must swim their races. For extraordinary reasons, approval to 'scratch' the event must be given by the coach. Checks in sheets are typically located in the foyer area. 'Check In' before warming up.
- 3) Purchasing a psych sheet is optional. The psych sheet shows your swimmer's pre-seeding ranking versus other swimmers. (excluding late entries) The sheet usually costs around \$5.

## LATE ENTRIES

If you missed the team's deadline for entries, late entries are due to the meet host no later than 30 minutes prior to the start of the meet. You must bring your **USA swimming registration card**, a print out of your swimmers time (from the USA SWIMS database – explanation how to do that see below), and check or cash to the Clerk of Course (they are

typically located in the foyer). You must complete a late entry form (located at the Clerk of Course) Late entry fees are really expensive. It is typically triple the amount per event. Some swim meets do not allow late entries. Check the meet information prior to arriving to the meet facility. You do not have to 'check in' for late entered events.

If you are already entered in the meet and under the coaches approval, you may late enter for more swim events as long as you do not exceed the maximum numbers of events allowed in a session (see meet information for the limit). You will be required to fill out a late entry form, print out of times from SWIMS database, and supply USA ID.

The USA Swimming ID format goes like this month, date, year, first three letters of first name, middle initial, and last four letters of last name.

Example- Mike Daniel Jones born January 14, 1990 – (011490MIKDJONE)

### **HEAT SHEETS**

These sheets are typically posted around the perimeter of the pool. Heat sheets are usually not available to meet spectators. These sheets show which heat and lane your swimmer is swimming. Typically most meets run slowest swimmers to fastest. (Except in most cases the distance events which are run fastest to slowest- see meet info). Most meets are run with girls being swum in odd numbers events, and boys being swum in even number events) TRS hosted meets are typically run consolidated gender (boys and girls together) and confuses everyone. The typical odd/even events by gender are thrown out of the window when they host.

### **MEET RESULTS**

Meet results are typically posted within 4-5 days from the last of the meet. You can find the meet results at [www.ntswwim.org](http://www.ntswwim.org) and click on 'meet results' From this website, you can see how your child swam compared to other swimmers, if they improved their times, and how the team fared under team standings.

### **USA SWIMS DATABASE**

When the swim meet is over, the meet host sends the information to the appropriate officials and is audited. Once that process is complete, the information is uploaded to [www.usaswimming.org](http://www.usaswimming.org) (click on time/time standards, then select #2 'individual times' from there; you can search your swimmer's times throughout the swimmer's career. If you late enter for the swim meet, you must print out the times from the browser and bring it to the clerk of course in order to swim.

### **USA SWIMMING MOTIVATIONAL TIMES**

Motivational times are time standards North Texas Swimming uses to classify swim meets. A beginning swimmer under the age of 13 will start as a 'C' level swimmer. 13 & Over swimmers will start as a "BB" level swimmer. As your swimmer's times improve, they may achieve times in a higher level. Once a swimmer achieves 3 or more times at the new level, they advance to a higher level swim meet. The order of levels from slowest to fastest goes like this; C,B,BB,A,AA,AAA,AAAA. The motivational time standards can be found here ([www.ntswwim.org](http://www.ntswwim.org) , click on time standards, under time standard reports, select motivational times standards)