

Swim Meet Information

Procedures: Governed by the PWSL and outlined in its By-Laws. Meets are generally held on Saturdays during June and July. At the end of the season, a Divisional Championship meet is held, usually the last Saturday in July.

- To qualify for the Divisional meet, a swimmer MUST participate in at least two dual meets during the current swim season. Each swimmer is restricted to entering those events in which a legal time was recorded at a meet during the season.

Age Group: Swimmers will compete the entire season in one of the following age groups: 8 & under, 9-10, 11-12, 13-14, and 15-18, as determined by their age as of June 1, 2010.

Required Equipment: Team caps are required for the meets. This is how judges, coaches, and crazed Kingsbrooke fans identify our swimmers once they are in the water.

Participation: Each swimmer may compete in a maximum of three individual events and two relays.

- The coaches will determine the individual and relay events in which each swimmer is entered.
- Relays are a team event. They include the Medley Relay (four swimmers each swimming a different stroke), and the Freestyle Relay (all four swimming freestyle). The A, B & C relay teams will be determined by the fastest possible combination of swimmers that benefits the team, at the discretion of the coaches. As swimmers improve their times, the relay teams may change
- Entries for the swim meets are completed each week by Sunday evening. Meet attendance is important. If you have to miss a meet, PLEASE let a coach know at least two Fridays prior to the date of that meet. A coach's notebook will be provided for the parents/swimmers to fill out regarding that absence. Otherwise, coaches assume all swimmers will be at every meet. Meet entries for swimmers who will not be there can take a place away from another swimmer who will attend. Swimmers may also be entered on a relay team that will have to be changed or scratched at the last minute if the coaches are not aware of an absence.
- Event entries will be displayed at the pool and placed in the swimmer's information/awards folder on Thursday evening before each meet. An e-mail and web site will provide details of warm-up and start times when that information becomes available.

Scoring: Swimmers earn points for their teams by competing in relay events and by being one of the six fastest finishers on their team in individual events.

- In individual events, the same team cannot score points for more than six places.
- In relay events, the same team cannot score points for more than one place.

What to Bring: Swim meets can last four hours+, with lots of downtime between events. Swimmers are encouraged to bring cards, games and other toys to help pass the time. Some swimmers bring tents, tarps and/or a large umbrella to get out of the sun or just to have a place to hang out. Since many swimmers have the same or similar equipment/clothing, please write your swimmer's name on EVERYTHING. The lost and found gets very full. The following is a sample swim meet checklist:

- Team swim suit & cap	- Warm-up suit
- Goggles (several pairs)	- Sun block
- Towels (two or more per swimmer)	- Lawn chairs
- Money for concessions & heat sheets	- T-shirt and shorts
- Ink pen (put event # on swimmers hand)	- Snacks and water/drinks
- Cards, books, games	- Tent, tarp, umbrella, etc.

What to Expect: If you've never attended a swim meet before, here are a few things you can expect:

- parents, officials, towels, and kids everywhere!
- lots of noise!
- chilly early mornings and hot late mornings (even on the same day!)
- extremely limited viewing space (except for deck volunteers)
- boredom between your kid's events if you don't volunteer for a shift (or two!) timing, recording, working concessions, etc.
- new friends and a great time if you get involved with the team!

Arrival: Plan to arrive 15 minutes before warm-ups start. This way you can stake out your area, find your goggles, and report to coaches when the announcer calls for warm-ups.

Team Camp Areas: Each team will be assigned a specific area for "camping." Staying together as a team not only fosters team unity, but also makes it easier for coaches to locate swimmers.

Warm Ups: Each team gets a twenty-minute warm-up. The home team always warms-up first. Our entire team warms up all at once, so it is very crowded on the pool deck. The team gathers around the coaches after warm-ups to cheer and get psyched up for the meet.

Meet Times: Meets usually start at 7:00 AM and finish around 12:00 PM. The meet begins after both teams complete warm-ups and the National Anthem is played. Relays are first. If you are swimming a relay, report to your coach immediately after warm ups. Also, it is important to report to a coach prior to leaving before the meet conclusion to ensure you have not been added to a freestyle relay to replace a scratched swimmer.

Event Schedule: The PWSL swim meet event schedule will be the same each week and is as follows:

Event	Age Group(s)
1. Freestyle Relays	15-18 only
2. Medley Relays	8 & under, 9-10, 11-12, 13-14, 15-18
3. Freestyle	8 & under, 9-10, 11-12, 13-14, 15-18
4. Individual Medley (IM)	10 & under, 11-12, 13-14, 15-18
5. Backstroke	8 & under, 9-10, 11-12, 13-14, 15-18
6. Breaststroke	8 & under, 9-10, 11-12, 13-14, 15-18
7. Butterfly	8 & under, 9-10, 11-12, 13-14, 15-18
8. Freestyle Relays	8 & under, 9-10, 11-12, 13-14

Clerk Of Course: When the announcer calls your event, you should report to the Clerk of Course. This is the person who gets the swimmers in order for their event. Parents: It's important to allow your child to remain at the Clerk of Course staging area alone! Your swimmer will have supervision and direction from parent volunteers who help at Clerk of Course.

Heat Sheets: During home meets and most away meets heat (a.k.a. psych) sheets will be on sale at the concession stand. They will include the individual events, the swimmers entered in each event, and their fastest time. Swimmers will be listed fastest to slowest using their best time for each event. Swimmers who have never competed in an event before will be listed after swimmers with times. The notation NT for "no time" will be typed next to their names.

What's My Time?: Swimmers learn to ask the recorder for their time as soon as they get out of the pool at the end of the race. The official results are posted approximately an hour after completion of the event. All event results are computerized and retained for each swimmer all season.

Disqualification (DQ): Our league complies with USA Swimming rules – the same rules used at all national meets. **To ensure fair competition for all swimmers, these rules are equally applied to all swimmers, regardless of age or experience.** During the competition, if a swimmer fails to comply with the stroke and turn rules, a Stroke and Turn Judge will raise their hand and fill out a DQ slip explaining the reason for the disqualification. The coaches receive this information after the meet and work to make the corrections in practice or in a stroke and turn clinic.