



What to expect at a swim meet

Swim meets are great fun! You get to enjoy the fun of competing with other clubs, see if you're getting faster and hang out with your teammates. They can sometimes be intimidating if you're new to swimming. Don't worry, everyone has had to go to their first swim meet. You'll have older swimmers who can help you and a team manager and a coach to give you advice.

Best place for information before the meet: SCWC website Events page or FastLane – login and click on Events and then find the swim meet's page.

Either of these will have:

- Event flyer – warmup, and start times

Then a few days before the meet the following:

- Team entry list
- Psych sheets (rankings)
- Timeline (order of events) which tells you when the meet will likely finish
- Meet programme (heats with swimmers allocated to lanes) which tells you when your swimmer will likely be swimming, the time of their heat and their heat number, and lane
- All this is also emailed out by the club

Pack your bag the night before – always take a spare of everything!:

- Cap
- Spare cap (you can get them from the team manager at the swim meet and remember to pay \$15 into the normal bank account)
- Goggles
- Spare goggles
- Togs
- Spare togs
- Race togs (if you have them/generally older swimmers) only wear these AFTER warmup and always put on shorts before sitting down in them on seats
- Towels x2
- Vikings top
- Plain black shorts/leggings
- Vikings hoodie/long-sleeve top to wear to/from and outside
- Slides/jandals for wearing poolside and to marshalling
- Water bottle x2
- Snacks – see 'what to eat at a swim meet' on the app for ideas
- Know what events you have entered! Print out a copy of the timeline and highlight your events.

Scratching/Withdrawals - If you need to withdraw (scratch) from a race then it's really important to do this officially as there is a fine if you just don't show up.

BEFORE the meet – check the meet flyer for the deadline and contact person

DURING the meet – contact the team manager for the session beforehand ideally. The team managers and their contact details are usually sent out on the app before the swim meet for each session.



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Uniform - Wear only Vikings uniform (apart from your togs).

Arrive - 30 minutes BEFORE warmup (check the meet programme for warmup start time) to start your dryland stretching/warm up. *Todd has a saying – “If you’re not early, then you’re late!”*

Seating - Find the Vikings team at the pool. Let the team manager know you have arrived. Get ready for dryland warmup - normally outside. After dryland, get changed and ready for pool warmup. After pool warmup, get changed into your racing togs (if you have them). After warmup you’ll sit with the team until the team manager tells you it’s time to be marshalled.

Marshalling – The team manager will let you know when it’s time to go to marshalling. Go and have a chat with your coach who will give you some tips, the team manager will tell you your heat and lane number. You’ll normally be sent in a group of 2 – 3 swimmers to marshalling. Marshalling is where you go to wait for your race, the marshal will call your name and put you in your heat ready to walk in and stand behind the blocks.

After your race – immediately after your race go back and check in with the coach to talk about how the race went, then have a drink and go to warm down. There are normally warm down lanes in a different pool. Sometimes younger swimmers aren’t expected to warm down. After warm down, have something to eat, put some clothes on to keep warm and wait for your next race.

Leaving – Once you have finished all your events and warmed down, let the team manager know that you are leaving.

PBs – these are personal best times. On the programme you will see that your swimmer has a time next to their name. This is the first registered time they have recorded. They achieve a PB when they beat this time. If your swimmer has never swim the race before then they are on the programme with NT (no time).

Splits – these are the times per 25m, 50m or 100m depending on the length of the race. From these times the coach can see where the swimmers weakness in technique/fitness is. Tells us the swimmer went out too fast and didn’t have the fitness to sustain the swim.

DQs – if you are disqualified from a race we will explain the reason for it.

Time Conversion – pending the time of the year and season, races will be held in short course (SC – 0 25metre) or long course (LC – 50metre) pool. PBs achieved in different length pools may be converted.

Long course / short course – Long course is a 50metre length pool and short course is a 25 metre length pool. Long course season is held during the summer. There is NO long course competition pool in Christchurch, the South Island’s only competition level 50m pool is in Dunedin. Jellie Park 50m pool is shared between Christchurch clubs for training during the summer months.

Parents - There is often no spectator seating at swim meets so it’s best to volunteer as a timekeeper or team manager (we ask for team managers in advance of each meet), or train to be an IOT to be able to see your swimmer compete. You cannot sit with the team as there is generally very little space for the swimmers.