

Registering for your first swim meet

Registering for a swim meet is easy!

- Go to the LVSC website (www.lasvegasswimclub.com) and sign into your account.
- Click on "Edit Commitment" next to the appropriate meet in the EVENTS box (Swim Meet tab should be default).
- Select your swimmer by clicking on their underlined name.
- Under Declaration, select Yes or No.
- Requests for specific events or notes to the coach can be entered in the Notes section.



Volunteering

Swim meets depend on each participating team contributing manpower. Usually, unless the team is hosting the meet, the only requirement of each team is Timing Chairs. In turn, each team requires that parents of the swimmers that are participating sign up for a timing slot while their child is competing.

- Go to the LVSC website.
- Click on "Job Sign-Up" next to the appropriate meet in the EVENTS box ("Job Sign-Up" will not appear until the week just prior to the event. An email will be sent out letting parents know.)
- Select which timing slot(s) you can do and save your commitment.
- So the coaches can concentrate on coaching our swimmers, if you are unable to fulfill your commitment, please arrange for a replacement.
- Older siblings can fulfill the commitment, provided they are able to work unsupervised.

Common terms

Blocks—The apparatus the swimmer dives off to begin a race.

Disqualification/DQ—A swimmer can be disqualified for a number of reasons and should be told by an official what the transgression was. Commonly referred to as "DQ'd", it happens to all swimmers.

Event—Each category of swim, divided by stroke, age and gender. For example: Event 1, girls 11-12, 50 yard freestyle; Event 2, girls 13-14/15+, 50 yard freestyle. The order of events changes for every meet.

Heat—Each event is divided into heats, based on times. The number of heats depends on the number of swimmers in that event and the number of lanes being used per heat. Heats are in order fastest to slowest.

Lane—Lanes are numbered 1-8 (usually). Swimmers are assigned which lane to swim in. This will change for each event they swim.

Long Course—Lanes are 50 meters long. Runs April - Aug.

Preliminary/Finals—Usually only swum at qualifying meets, and sometimes only for older swimmers, the swimmer will swim in a preliminary session. The top 8, 16 or 24 return later to swim for final placement.

Qualifying Meets—Meets where the swimmer is required to achieve a pre-determined time standard in order to participate. For example: NV State Swim Meet, Winter/June Age Group (WAG/JAG), Junior Olympics (JOs).

Session—Meets are divided into morning and afternoon sessions, based on age.

Short Course—Lanes are 25 yards long. Runs Sept - March.

Swim Meet—A swim competition, usually swum Saturday and Sunday, but can include Friday evening. Qualifying meets may be longer.

Timed Finals—Swimmers will swim an event once and placement is determined based on final time.

Time Standards—Times established to track a swimmer's progress or to determine qualification into qualifying meets. Swimmers are usually seeded (and awarded ribbons) based on a general time standard of White, Red or Blue (slow to fast).

Times—Established once an event is completed in a sanctioned meet. All times are recorded, but all events are seeded based on a swimmer's best times.

Timing Chair—3 chairs in each lane with volunteers (usually parents) providing timing for all events. Teams are assigned chairs based on the number of swimmers they send.

Warm-down—An easy swim after an event, to keep muscles loose. Coaches will instruct swimmer on what to swim.

Warm-ups—Swimmers warm up as a team at the beginning of their session. Warm-ups may also be required immediately prior to an event.

White/Red/Blue—Time standard most commonly used at local meets. Swimmers are awarded placement based on how they finish within the time standard in which they were seeded. A swimmer who enters a meet with a white time (or NT), but gets a red time during the meet, will be "placed" within the swimmers who had white times. At the next meet, the swimmer will enter with the red time and place within those swimmers.

Las Vegas Swim Club

The Ins and Outs of Competitive Swimming

Surviving Your First Swim Meet....



The basics

New swimmers may shy away from swim meets because they don't believe they can "win". If your swimmer feels this way heading into a first meet, encourage him to talk to his coach. The coaches can help calm fears and discuss the benefits of competing.

Swim meets aren't about "winning" your event. They are about improvement. Meets help us track improvement in the swimmer. At a first meet, he will establish times in several events—up to 4 events each day, not including relays. At subsequent meets, he will (hopefully) improve upon those times.

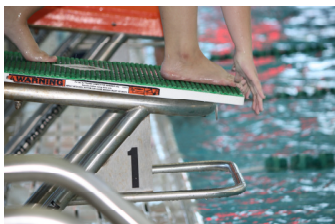
Meets are held around the valley, hosted by swim teams at their home pools. The most common locations for swim meets, excluding our location, are:

- Las Vegas Municipal Pool
- Multigenerational Pool (Henderson)
- Heritage Park Pool (Henderson)
- Buchanan Natatorium (UNLV)
- Desert Breeze Pool

Meets are divided by age groups and gender:

- 8 and under boys/girls
- 9-10 boys/girls
- 11-12 boys/girls
- 13-14 boys/girls
- 15+ boys/girls

All swimmers 10 and under, plus boys 11-12, swim in the **morning session**. All swimmers 13 and up, plus girls 11-12, swim in the **afternoon session**. Sessions start with a team warm-up. Watch your email a few days before the meet for information on when your swimmer should arrive to participate in warm-ups.



Swimmers dive off "blocks" at the start of their race.

Getting started

When you arrive, your swimmer will check in at a designated area (usually at the entrance to the pool). At this time, she will be offered a Sharpie to write down the event numbers on her arm. This is normal and all the swimmers do it. It can be removed with sunscreen or worn as a badge of honor until it washes off in the shower!

Once checked in, your swimmer can head to the LVSC tent, to hang out with her teammates. This is where the coaches will come to instruct the swimmers to start warm ups.

After warm-ups, the meet will begin quickly and move along at a brisk pace. Events are listed in a common area, divided by boys and girls (blue and pink, respectively). Your swimmer should be listed under each event she is swimming. Approximately 30 minutes prior to each event, a heat and lane assignment is placed on top of the event sheet. This will tell your swimmer which heat and lane she will swim in. Heats are ordered fastest to slowest, based on previous best times, with NT (no time) swimmers at the end.

Heat and lane assignments can be marked on the swimmer's arm. Your swimmer should then report to the coaches, located on the side of the pool, to share this info (she may have to wait a moment for her coach to be available). Coaches will give last-minute pointers and send the swimmer to the blocks to prepare.

Event starts

Each lane will have 3 timers seated behind the block. These timers can help your swimmer verify they are in the correct lane.

With the exception of backstroke, all heats start with the previous swimmer in the water. The meet official will blow his whistle 3 times, signifying the end of the previous heat. He will then blow a single long whistle, to indicate the swimmer should step up on the block (or enter the water for backstroke). The official will say "Take your mark", signifying the swimmer should get into start position. From there, the swimmer will listen for a BEEP to start the race. At the completion of his swim, the swimmer will remain in the water until the next swimmer has started, climbing out after. The exception is backstroke, where the swimmer will climb out once the heat is completed, to allow the next swimmer to enter the water for his start.

After completing an event, the swimmer should ask the timer for his time and talk to his coach before returning to his family or the LVSC tent.



Go team! Swim fast!

What to bring

- Team suit*
- Team cap (and backup)*
- Goggles (and backup)*
- Towels (2 or 3)*
- Clothes (including underwear for after!)*
- Water*
- Sports drinks (If desired)
- Snacks! (For you and swimmer)
- Sharpie (or other marker)
- Deck chairs or stadium chairs

*Most swimmers carry these items in a swim backpack, but a duffle or tote bag are fine for a beginning swimmer.

Snacks

Swim meets include a lot of waiting around for a few minutes of swimming. Your swimmer will need healthy snacks for energy throughout the day. Most swimmers do not like eating heavy food during their session, preferring to snack on high-energy items. The family will need more substantial snacks. If you have swimmers in both sessions, you may want to also bring a lunch along. Rules about food differ from location to location. Some teams provide food for sale, some only allow food outside.

Finishing up

At the end of the session (when your child has completed her last event), she may elect to shower in the locker room, change into dry clothing or simply toss a sweatshirt over her suit. That is up to you and you will find all of these choices represented at a meet.

When you are ready to go, your swimmer should find her coach to confirm arrival time for the next day (if it's a Saturday) and to thank her coach. This is also a great time for a coach to talk about the session, in general, rather than each event while everyone is swimming.



Swim meets foster new friendships where swimmers can bond with teammates!