

8 AND UNDERS Swim Meet Information

Swim meets can seem very chaotic for the little ones and their parents. Meets typically last 3 to 4 hours. Here are some important tips to help the process go more smoothly for everyone:

- Important: In order to provide enough supervision and few missed races, Parent Helpers work at each meet. Their job is to get the younger children to the starting block at the right time. This doesn't mean you don't need to supervise your child.
- Know the events your child is swimming in. They are posted in the **Team Area** (the area our team is supposed to wait in when they are not swimming or lining up to swim.) It also is a good idea to write this information on your child's hand.
- Deliver your child to the Team Area and tell one of the Parent Helpers (PH) you have arrived. There will be four PH's whose job it is to assist your child in getting in the right position, in the right lane, at the right time for their individual events.
- Please, you must make certain your children remains in the Team Area when they are not swimming. If you want your child with you for a while (to eat etc.), you must notify the Parent Helper in charge and make arrangements as to when you will bring them back. It is not fair or practical to these parents to have to search the whole pool area for each child for each event.
- It is a good idea for your child to bring a quiet game (without a lot of small parts), coloring books, crossword puzzles, cards, or any "non running around" activity they may enjoy playing (alone or with their group) while waiting for their events. There is a lot of waiting between events.
- Bring at least two towels, a sweatshirt and sweatpants for your child. It often gets chilly at night, especially when you're wet.
- The event schedule for each meet is as follows: 8 and under boys are always the 1st group to swim an event, followed by 8 and under girls, 9-10 boys, 9-10 girls etc.

- | | |
|-----------------|----------------------|
| 1. Medley Relay | 5. Butterfly |
| 2. Freestyle | 6. Individual Medley |
| 3. Breaststroke | 7. Free Relay |
| 4. Backstroke | |

Please note the Free Relay is last, and many 8 and unders swim that event. If you cannot stay for this event **you must inform the Head Coach two days in advance of the meet.** When one child on the squad is not there for this event the *whole squad gets disqualified.*

Thank you for your cooperation. Let's have a great season!