

Swim Team FAQ

Q. What is a swim meet, and how many are there?

A. A swim meet is an organized competition between swim teams in a given category of the RCSL ("A", "B", or "C"). These are called dual meets. At the end of the season, a RCSL City Championship Meet is held over a two day period that includes all teams in the league.

Q. When are swim meets?

A. Except for the Championship City Meet, our swim meets are on Wednesday nights. We will have a Time Trials before the dual meets start to give all swimmers the opportunity to swim all of the events. The coach may schedule an additional "B" meet during the season on Saturday to allow all swimmers to swim all strokes.

Q. How is a swim meet organized and how long does it last?

A. A dual meet consists of 42 events. It usually takes about 3 hours to complete a swim meet. Younger swimmers (6 & Under) may leave before the meet ends, but you **MUST** make sure you **DO NOT LEAVE** without checking to make sure your child is not entered into more events.

Q. How do I know when my child is supposed to swim?

A. You can purchase a Heat Sheet for a minimal price at dual meets. The Heat Sheet will tell you what events your child is swimming in, the heat, and what lane they are in. Seek out a "veteran" parent to help you!

Q. What is a "Medley Relay"?

A. A Medley Relay is a relay with 4 swimmers where each swimmer swims different strokes. The first swimmer swims BACKstroke. The second swimmer swims BREASTstroke. The third swimmer swims butterFLY. The "anchor"/last swimmer swims FREEstyle. Each member of an 8&U relay team swims one (1) length of pool or 25 meters/yards. All of the other age groups, each swimmer swims two (2) lengths of pool or 50 meters/yards.

Q. Will my child get to participate in the City Championship Meet?

A. Not all of our swimmers will get the opportunity to swim a stroke other than freestyle in the City Championship Meet. Unfortunately, we are only allowed a limited number of slots at this meet except in the exhibition freestyle event. At the City Championship Meet they have a freestyle exhibition and award ribbons to those that place 1-16. Your child needs to swim in two (2) dual meets in order to compete at the City Championship Meet. The top three (3) swimmers in each stroke will swim that stroke in the City Championship Meet.

Q. Why isn't my child swimming in a relay?

A. This is better explained by an example. For example, the Freestyle Relay, which has four (4) swimmers. If there are only three (3) swimmers in your child's age/gender group, then there are not enough swimmers to make up a full relay team. If there are more than four (4) swimmers, but less than eight (8), then there are only enough swimmers to make one relay team.

Q. How can I tell what event we are on?

A. The official Starter with the bullhorn that starts each race will announce the event and heat before each race.

Q. Why do we have exhibition swimmers?

A. Each team is limited to three (3) swimmers in each individual competition event. A freestyle exhibition event allows every swimmer on the team an opportunity to swim in a dual meet. Exhibition events are important because they allow your swimmer to improve their time and it helps the coaches track their progress. All swimmers will receive ribbons for each event they swim!

Q. My child got DQ'd. What does this mean?

A. For some of the strokes there are technical things that they legally can and cannot do. For example, in butterfly and breaststroke, they must touch the wall with two (2) hands and simultaneously during the turn and finish of the race. If the official notices that a child is doing something illegal for that stroke, they can get disqualified. In relays, the swimmer must touch the wall before the next member can dive in.

Swim Meet Order of Events - Dual Meet events are swum in the following order, youngest to oldest, girls before boys:

Medley Relays (Comprised of all 4 strokes in one relay team)

Freestyle (including Freestyle exhibition) ("Free")

Breaststroke ("Breast")

Mixed Relays (2 girls and 2 boys on each relay; they swim Freestyle)

Backstroke ("Back")

Butterfly ("Fly")

Freestyle Relays

Practices:

Practice Times will be as follows:

8-8:30 6 and under boys and girls

8:30-9:15 7 and 8 year old boys and girls

9:15-10:00 9-10 year old boys and girls

10:00-11:00 11 and up boys and girls

Please bring your child to the time allotted for their age group. Practices are not mandatory but are encouraged. You don't get better if you don't practice. If you have a problem with getting your child to their practice, please see Rachel.

Thursday practices (after meets) will be fun days. Swimmers will get their ribbons from the Wednesday night meet, swimmer of the week will be announced, and popsicles will be provided.