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## Swim Meets

### Introduction

Swim meets are a great way for swimmers to demonstrate the skills they have developed and the progress they are making from their training and hard work. More importantly, swim meets are a great way for swimmers to have fun by spending time with their teammates. A lot of time and effort are put into organizing and running a successful swim meet. This applies to both the host club, as well as coaches and other volunteers from our club. To ensure that everyone has a great experience with swim meets, this document will discuss HHACs swim meet expectations.

The club's meet schedule is set by the Executive and Head Coach and is subject to change throughout the season based on space availability at the meets offered. Be sure to regularly check the club website [huronhurricanes.ca](http://huronhurricanes.ca) for the most recent and accurate list of upcoming meets and dates. As well, prior to any meet, be sure to confirm the date, warm-up time and location of each swim meet. It is your responsibility to have your child at each meet on the appropriate day and time, and with the necessary equipment.

### Attending Swim Meets


#### Swim Meet Signup & Entries

##### Meet RSVP

You will be expected to RSVP to all swim meets throughout the swim season. You will receive an email reminder of the upcoming meet for your swimmer. Please be aware that if you do not explicitly DECLINE the meet, your swimmer will be entered in the meet regardless if you accepted or not. There are fees associated with going to swim meets, so if you do not plan on attending, please decline the meet so you and your swimmer do not get charged for it.

To RSVP for a swim meet:

1. Please go to our "Events" page on our website or use this link below:  
<https://huronhurricanes.ca/events>
2. Find the meet(s) your group is scheduled to attend.
3. Click the Accept/ Decline button.
4. Log into your account.
5. You will arrive at the Athlete Sign Up page, here you will need to select your swimmer's name under the "Member Name" section.

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6. This will take you to the Declaration page where you can accept or decline the meet. There is a notes section, so if you have special requirement (i.e. can only attend a certain day of the meet), please write it in the comment box so the coach knows when your swimmer is available for racing or any other pertinent information.

Note: The meet package, meet schedule, etc. will often be linked to the event, if you want to review for additional information.

The Huron Hurricanes Aquatic Club reserves the right to decline a swimmer from attending a meet for reasons such as: unpaid account balances, behavioural or other actions requiring discipline, the swimmer not having the required time standard or if the swim meet has capped the number swimmers our club can send.

### Meet Entry Deadline

Each swim meet has a meet entry deadline. In addition, HHAC will typically impose an earlier entry deadline, to allow the coach time to prepare the meet entry files. Swimmer's who have accepted (or have not declined) the swim meet will have their accounts charged the day of the swim meet or immediately after the meet.


Note: Once the meet entry deadline has passed, our club will be charged by the host club for your swimmers' entry. If you decline the meet after the deadline, your account will still be charged the meet entry fee.

### Meet Entries

Coaches will select what events swimmers will swim at the meet. There are many different factors that coaches consider when selecting the events for a swimmer. If a swimmer wants to race certain events, the swimmer will need to talk to their coach prior to the entry deadline. This allows the swimmer to take some responsibility for their swim meet. The coach will take the request into consideration, but will ultimately select the events they feel are best suited for the swimmer for the specific meet.

Notes on meet entries:

- Coaches will discuss what events they have chosen with the swimmers prior to the meet entry deadline.

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- The coach(es) will determine how many relay teams to enter for the different meet events. Relay teams are finalized on the day of the swim meet. Teams are typically selected based on the swimmers with the fastest times in the specific stroke/distance of the relay. However, other factors, such as swimmer performances during the meet, swimmer behaviour/attitude and risks disqualifications will also be taken into consideration.
- A list of swim meets will be provided at the start of the season. This list is subject to change throughout the season, with any changes being communicated.


A minimum of 5 swimmers must commit to attending an away meet, in order for HHAC to send a paid Coach, or to be submitted to HHAC executive for approval for a paid coach to attend. If there are less than 5 swimmers that commit to attending, it's at the discretion of volunteer coaches and HHAC executives if the team attends.

If HHAC swimmer(s) qualify for swim meets beyond Regionals (e.g., Provincials), sending a coach will require prior approval by the HHAC executive. A written request to attend these meets will need to be submitted to the HHAC executive, with attendance at these meets dependent upon coach and HHAC executive approval. If not approved by HHAC executive, it would be the parent/guardian's responsibility to pay for coaching if the swimmer wanted to attend.

### Swim Meet Fees

The parent/guardian understands and agrees to pay the fees for swim meets and any transportation or accommodation fees associated with swim meets in which their child participates. After receiving and agreeing upon notification of the swim meet, the parent/guardian is responsible for the cost of the meet entry fees after they have been submitted to the host club's meet manager regardless if the swimmer attends the meet or completes the events, whatever the reason.

Locally, HHAC hosts its "in house" meets at either the Vanastra Recreation Centre or Maitland Recreation Centre. These meets are called Purple & Black meets and are a FUN opportunity for the team to come together and for our Pre-Competitive swimmers to see what a meet is like.

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### Swim Meet Results

The hosting club records results of your child's performance at a meet. Often these results are posted in a central location in the stands or hallway area during the meet.

At the completion of a meet, results are filed with Swimming Canada by the hosting club. These results can be viewed electronically on the Swimming Canada website [www.swimming.ca](http://www.swimming.ca). Check under "Events" followed by "Meet List & Results" to see the times for all swimmers.

Swimming Canada also tracks individual results for all registered swimmers. Swimmers times by event for each meet attended as well as highlighted best times for the season:

Go to [www.swimming.ca](http://www.swimming.ca)

Click SEARCH.


TYPE in your swimmers registered name.

CLICK on your swimmers name; their birth year will be noted beside their name.

**Meet Mobile Swim Meet App** is an essential swimming app for families, swimmers, coaches, and fans. Meet Mobile provides real-time event results at any time. In addition to real time results, you will see pre-race rankings, standings, and heat/lane assignments as they become available and individual and team scores. This app also allows you to flag swimmers/ and or teams as "favorites".

### For parents and swimmers: All About Swim Meets!

Attending your first swim meet is fun and exciting but can also cause a little nervousness and anxiety. Understanding how swim meets work can help to ease anxiety and nervousness. Please read the following information and feel free to ask if you have any questions or concerns. We hope this information is helpful for both the new swimmer and parents as well as some good reminders for the seasoned veterans.

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### What to bring:

#### Swim Meet Apparel

Please pack any HHAC branded team apparel and swim caps your swimmer has to wear on deck. This shows team spirit and pride!

It is also very important to pack warm clothing for the athletes to wear while on the pool deck. This ensures the swimmer keeps their body temperature warm. How warm an athlete remains can affect how well they race and prevent injuries.

Ideal clothing to pack for every swim meet:

1. Swimsuit for racing (this suit should fit smaller than a training suit, if buying a techsuit please speak with a coach)
2. HHAC T-shirt, long sleeve shirt, hoodie or parka
3. Pants, or shorts
4. Deck shoes (indoor shoes only)
5. 2 caps and 2 pairs of goggles
6. 2 towels
7. Something comfy for your swimmer to sit on such as a sleeping bag, old blanket.


Note: For spectators: Swimming pools are normally very warm. Please dress appropriately. Normally a short sleeve shirt is very comfortable no matter what the season.

### Swim Meet Snacks & Drinks

Besides a healthy meal prior to a swim meet (Breakfast, Lunch or Dinner depending on the session), swimmers should also pack snacks to fuel them throughout the session. Aim to pack healthier snack options, as they are ideal fuel for your athlete and will play a role in improved swim meet performances.

Snacks we recommend, include:

1. Fruits & veggies
2. Granola or protein bars
3. Trail mix
4. Cheese and crackers
5. Sandwiches
6. Hydration: It is imperative that athletes remain hydrated during the competitions. Pack lots of

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water, some electrolyte drinks are also okay Depending on the facility, the swimmer may not be permitted to eat on the pool deck. In this case, swimmers will need to find another location in the facility to eat their snacks.

### Commitment to Swim Meets

**When a swimmer commits to a swim meet, they are committing to the following:**

- To behaviour and attitude that represents the club in a positive manner and is supportive of their teammates and coaches.
- swimmers must attend 50% of regular season meets.


- To Relays: If your swimmer is placed on a relay team, the expectation is that they stay and participate in that relay. If they leave, the remainder of the relay team will be unable to swim, because there are no substitutions permitted.

Note: If there is a particular reason you will not be able to attend one of the sessions, or a session in its entirety, please contact the coach(es) in advance of the session, or during the RSVP entry process.

### Day of the Meet

Arrive at the pool at the designated time, typically one hour before the meet begins. This will allow time for coaches to take attendance, have a team meeting and swim warm ups. Warm up times are pre-determined by the hosting team and will be listed in the meet info, posted on the host clubs website. . Please arrive on DECK 30 minutes prior to warm up. There is a lot to do before a meet begins. Having all swimmers there and ready will cut down on any pre-meet stress.

Coaches are required to hand in “scratch sheets” for any missing swimmers prior to the start of the meet session. If you’re going to be late for warm up, you must notify the coach well before the start of warm- up. Your swimmer will be scratched from the entire session if they are late for warm-up without notification to the coach. Scratches are typically processed about 30 mins

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before the start of the session, at which point the scratch is entered into the meet management software. If you arrive after this time, the swimmer may be able to be “unscratched”, but additional fees may be charged to the swimmer to allow them to compete in the session.


Other important information for the day of the meet includes:

- Parents are not permitted on the pool deck, so your swimmer should be able to carry their own belongings. Swimmers usually keep all their belongings with them on the pool deck or other designated area for swimmers. According to SNC rules, parents are not allowed on deck unless they are serving in an official capacity, such as timers or stroke and turn officials.
- Make sure your child checks in with the Coach when they arrive on deck.
- Swimmers must warm up with the team (unless directed otherwise by the coach) and follow the coaches warm-up instructions.
- After warm-up, swimmers go back to the area where the team is sitting and wait until their first event is called. Cheering on teammates is great, but it’s also a good time for bathroom breaks, getting a snack, drink, etc.
- The meet usually starts about 10 minutes after warm-ups are over.

### Heat Sheets & Psych Sheets

Heat sheets are generated from the meet management software and are organized by Event and Heat #. Each heat will list the swimmers in that heat by lane and will show the swimmers’ entry times. There are different ways heats can be organized, with the most common methods being slowest to fastest and circle seeding. Psych sheets are also generated from the meet management software. These sheets are organized by event and list all swimmers in those events from fastest to slowest. Psych sheets do not show the heat or lane the swimmer will be swimming in.

- Heat sheets and Psych sheets are often available on a phone app related to the meet management software. Most commonly, the “Meet Mobile” app is used at the meets we attend.
- Meet events/results are often available on the “Meet Mobile” app, where you can get live results. A monthly or annual subscription is required for live results.

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*It is important for swimmers to know what event numbers they are swimming.*

The “Meet Mobile” app allows you to track specific swimmers and clubs, to more easily identify swims of interest.

- Your swimmer should know their event and heat numbers before entering on deck. It is most helpful if your swimmer knows their EVENT - HEAT - LANE before they enter on deck. Younger swimmers write this information with a Sharpie on their hand or arm, as they get older some write it on a card to carry in their pocket.
- When the team entry is sent in, each swimmer and their previous best time (up to the date that the entry file was submitted) in that event is listed.
- If the swimmer is swimming an event for the first time, the swimmer will either be given an estimated time by their coach or be entered as a "no-time" or "NT". A "no-time" swimmer will typically swim in one of the first heats of the event.
- When switching between Short Course (25 meter pools) and Long Course (50 meter pools), sometimes a converted time (a calculation approximating the time based on the differences expected between short course and long course) will be used in the entry. If a converted time is used, don't stress if your swimmer's final time is higher than their entry time! Converted times are approximations only.
- Generally, girls' events are odd-numbered and boys' events are even-numbered.


#### **DURING THE MEET**

- Swimmers need to pay attention to the Event numbers so that they don't miss their events! (Parents need to pay attention, too, or you'll miss your child's race!)

Report to your lane a few heats prior to your race. The timers behind the starting blocks often check to make sure that swimmers are lined up in the correct order. However, it is always a good idea to have your swimmer check in with the lane timers to make sure they are in the correct lane and heat.

- Most meets are computerized, so you can see event and heat numbers on the board. You can also follow along on the “Meet Mobile” app or look to see where the results are posted to view.
- Coaches will sometimes discuss a race strategy with a swimmer prior to their race. It is expected that swimmers will follow the agreed upon strategy,



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## AFTER EACH SWIM

### Swimmers & Coaches:

- The swimmer should immediately go to the cool down pool (if there is one to use) then speak to the coach who will discuss the swim with him/her.
- Coaching feedback varies greatly depending on the swim and the swimmer. Coaches will typically provide:
  - o Positive feedback or praise for strengths identified during the race.
  - o Suggestions for areas of improvement (for the next race or to work on in practice).
  - o Evaluation of the next step/goal the swimmer should focus on.
- This is another good time for the swimmer to go to the bathrooms, get a drink or something light to eat. Be sure your swimmer is well hydrated and has a few small snacks throughout the meet.
- Swimmer shall not leave the pool deck unless permission has been granted by the coach.
- The swimmer now waits until their next event is called and starts the above steps over again.
- When a swimmer has completed all of their events and the coach dismisses them, they are free to go home. Make sure your swimmer checks with the coach before leaving the pool deck in case they are on a relay team (usually the last events of a meet) or qualified for finals. It is not fair to other swimmers who have stayed to swim the relay, to realize that a swimmer has left and they cannot swim.
- Ask for help!! If during any of this you feel lost or confused, be sure to ask other parents or swimmers for help! We have all had our “first meets” and know it can be overwhelming. Once you have attended one or two meets, it will all become very routine and enjoyable.

### Parents:

- Tell your swimmer how great they did! The coaching staff will be sure to discuss stroke technique with them. You should instead focus on telling your swimmer how proud you are of them. Remember, you are their biggest fan!
- Relax and cheer on the rest of the team!
- Coaches are very busy during swim meets and may not have time to respond to emails, messages or calls from parents. This isn't to discourage communication with the coaches, but

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just to manage expectations.

- Become an official and get involved! You get to be close to the action and have a great view of your child's race. This is the greatest show!

### Finals

Some meets will have Finals for 13 and over swimmers who qualify from their prelim (morning) session. Qualification will typically be by the top 6, 8 or 10 swimmers in their prelim session (depending on lanes in the pool), Sometimes there are A, B and even C finals in larger meets. There will often be "alternates" for finals as well (these are next fastest 1 or 2 swimmers after the qualifiers). Finals typically take place in the evening, after the 12 and under afternoon session.


### Expectations:

- Swimmers who qualify or are alternates for finals must inform their coach before the end of the Prelim morning session if they will not be attending finals.
- Swimmers who do not inform their coach and who do not show up for finals will be charged the No Show fee levied by the swim meet host per the meet package.

### Team Spirit!

Although not all swimmers will make finals, we encourage swimmers and families to return to the pool for finals to cheer on their teammates! It is a great feeling for swimmers to have the support of their teammates and a great experience for spectators to be part of. Let's show our HHAC team spirit!

1. HAVE FUN!!! While we compete at meets and strive to do our best, having fun, cheering your teammates on and being proud HHAC swimmers is the ultimate goal.
2. Be happy for those that win and earn medals and ribbons!
3. Plan to do better. Achieving your personal best is the goal of the next meet. Your coaches will help you at practice to get better.... you can do it!

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## Deck Entries & Split Time Requests

### Deck Entries:

Deck entries are requests for a swimmer to swim in an event they were not originally signed up for. Deck entries are considered exhibition only, meaning you will get an official time, but cannot place in the event. If your swimmer is interested in a deck entry, please contact the coach the day before the session, as the coach is busy with warm-up, scratches, etc. before the session starts. The coach will ensure that a deck entry does not conflict with the permitted number of swims allowed and will also consider the best interest of the swimmer and the team. Deck entries will be submitted by the coach at the start of session if the coach and swimmer decide that it would be beneficial for the swimmer to take part in the swim. Typically, deck entries are around \$20 per event and would need to be paid by the swimmer at the time of the Deck Entry application at the start of the session.

Note: Many swim meets do not permit deck entries. The meet package will state whether or not deck entries are allowed.

### Split Time Requests:


Split times can be used for an official time in a middle distance of a race. For example, you can get an official 50m time in a 100m race. This can be useful for trying to get a certain time standards to qualify for an important meet (Provincial or National Level Championship meets). To ensure fairness and consistency, HSC has adopted the following requirements before considering an official split.

A swimmer must have a recent time that meets the criteria below and will be using the split as a last chance to meet the required time standard:

- 0.5 seconds or less from a 50m time standard
- 1.0 seconds or less from a 100m time standard
- 1.5 second or less from a 200m time standard

Note: Some swim meets may not allow official split entries. The meet package will typically state whether or not split requests will be permitted.

If a swimmer would like an official split, this needs to be discussed with the coach at least one day prior to the scheduled event. The head coach will use the time criteria above, as well as consider what is in the best interest of the swimmer and the team before making a final decision. The head coach will make the final decision and if decided, will submit the Official Split

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form prior to the deadline. If the head coach is not at the meet or at a specific session, the head coach will delegate this responsibility a single “Lead” coach to make this decision. If there is fee for requesting an official split, the fee will need to be paid by the swimmer at the time the form is submitted.

## Disqualifications & Coaches Challenges

### Disqualifications:

DQs are a part of the learning process and a standard aspect of the meet experience. Swimming is a technical sport. Developing the skills in each stroke takes time, practice, repetition, and coaching feedback. Trained officials observe the swimmers during each event. If they observe a stroke, touch or turn infraction, they will fill out a DQ card, which gets passed along to the coach. Often, the coaching staff observes and already knows of the infraction before seeing the card. Almost always, the coaches have already given the athlete feedback about this specific issue during practice and the DQ slip is a good opportunity to reinforce a skill we are already working on. From our youngest athletes up to the elite level, the coaching staff uses each race as a learning experience.

### Coaches Challenges:


Sometimes a Coach may receive a DQ slip from an official and question the call or wording on a slip. If this is the case, the coach has up to 30 minutes after receiving the form to challenge the DQ. It is up to the coach to determine if a challenge is needed. The formal challenge process will then be followed by the meet officials.

### Coaches at the Meet

Coaches attending swim meets are added to the meet event file.

These are the only coaches permitted on the pool deck during the meet.

- We are very lucky to have many coaches involved with the HHAC. However, the number of coaches on the pool deck is limited due to deck space. Normally, we have between 2 coaches on the pool deck per session, based on the number and age of swimmers.
- Typically, the coaches from the highest-level groups attending a meet will be on the pool deck and will be there to support all club swimmers at the meet. However, other coaches may be selected for reason such as coach development opportunities or based on certain group numbers.

 <p><b>HURON HURRICANES</b></p> <p><b>AQUATIC CLUB</b></p>	<p>Document Number: HHAC 0006 Rev 3</p> <p>Document Name: Swim Meets</p>	<p>Date: August 2025</p>
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- This means your swimmers' normal coach from practice may not be on the pool deck at the swim meet. However, rest assured that the coaches on the pool deck will be there to provide guidance and feedback for all swimmers!