

Lloydminster Riptides

Parent SWIM 101

I DON'T KNOW ANYTHING ABOUT SWIM!

- What does a swim season look like
- What to expect at meets
- Time standards
- Apps/websites
- Parent Officials

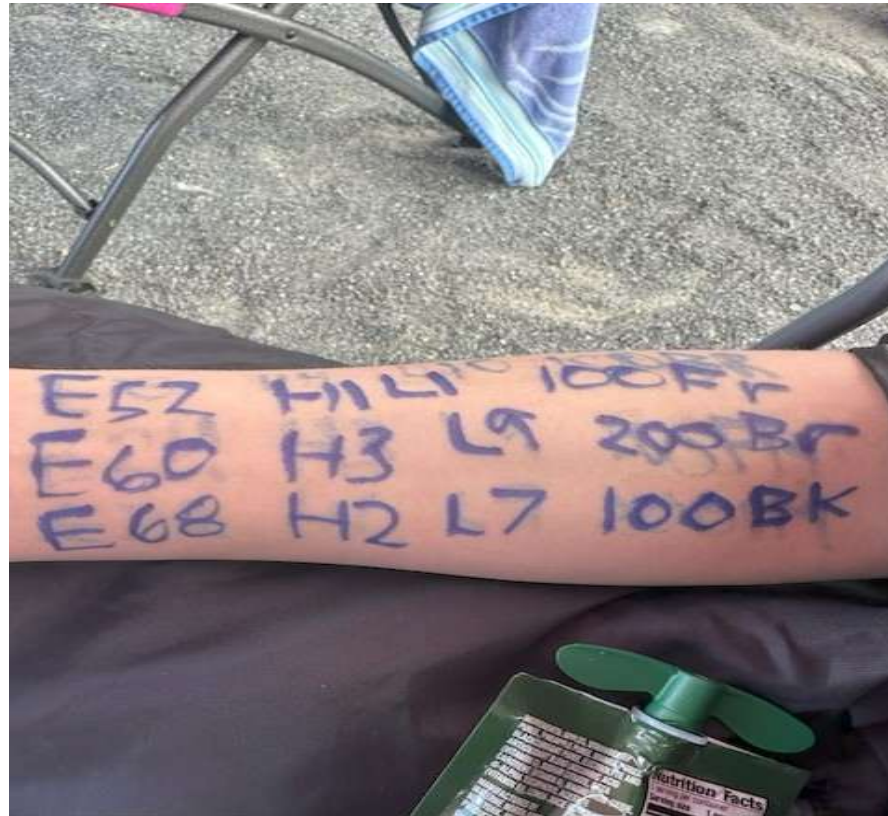
Full season (winter season)

- Swim Canada Sept 1 – Aug 31
 - Riptides
 - Pool opening date late Sept – Apr 30
 - Qualified swimmers May/June/July
 - Option for swimmers to continue pending lane space
 - 2 unofficial halves of season
 - Sept – Mar short course 25m pool
 - Mar – Jul long course 50m pool
 - Olympic and Para Olympic Program
 - Swimmers are registered World Aquatics athletes
 - Swimmers age is determined by 1st day of a meet

What to expect at a meet

- NO PARENTS ON DECK!
 - Coaches and older swimmers will assist
- Larger facilities swimmers on deck and parents in stands
 - No direct access
- There might be no marshalling at meets
 - Swimmers need to stay engaged at the swim meet
- Smaller facilities may have a camp area for swimmers and parents
- Two pools may swim simultaneously
 - Male pool and female pool (may have some ages swim in other pool)
 - Pools may alternate M/F by the day
 - Club may swim all in one pool for heats

- Arm marking your swimmers events
 - Meet Mobile may not be accurate
 - Event number
 - Number represents stroke, distance, gender, and potentially pool
 - E 32 (100BK female), E 33 (100BK male)
 - E 25 (50 FR west pool(female)), E 125 (50 FR east pool(male))
 - Heat number 1 of 9
 - Lane 1-5, 1-6, 1-8, 0-9
 - E 45 H7 L3 50 FR



- Warm ups
 - 7:30 am warm up means in the water at 7:30 am
 - cap, goggles, warm up suit, stretched
- Waiting to race
 - A warm swimmer is a fast swimmer
 - Limited space on deck
 - Keeping swimmer busy
 - Electronics or no electronics
- Snacks
 - Long days
 - Fuel snacks, fluid

- The Race!
 - All day for a few seconds
 - Encourage your swimmer but they aren't going to hear you
 - DQ's are a part of the sport
- Post Race
 - Check in with coach
 - swimmers after race
 - parents before leaving
 - Swimmer may have more events you aren't aware of
 - Clean up and don't leave things behind

What to bring for race and not bring

BRING

- Swimsuits
- Caps – extras
- Towels
- Dry clothes
- Healthy snacks
- Water bottles
- Wet friendly shoes
- Hair ties
- Race suits, race goggles
- Game/entertainment
- Bands/foam roller/skipping rope

MAYBE AVOID

- Chairs
- Yoga mats
- Messy food options
- Glass containers
- Electronics

Races SCM & LCM

- Freestyle 50, 100, 200, 400, 800, 1500
- Back 50, 100, 200
- Breast 50, 100, 200
- Butterfly 50, 100, 200
- IM (FL, BK, BR, FR) 100*, 200, 400
- Relays FR & MR

*No time standard for 13+

50 BK, BR, FL officially 2028 Olympic events

Meet packages

- ALL INFORMATION FOR A MEET IS IN THE MEET PACKAGE!!!!!!
 - Accessible on poolq
 - Warm up time, info on finals, qualifying times
- Did you know, anything you need to know is in the MEET PACKAGE!
 - Any last minute changes will be emailed to coach and dispersed by email
 - May get a scheduled warm up after meet package is out

Meets

- Meets can be ½ day to 4+ days
- Usually pay per event entered – Poppy \$14
- Timed events vs heats and finals
 - Timed events everyone will be seeded by time regardless of age but will compete in the respected age groups
 - When the event is over final results will be calculated
 - Heats will run similar to timed events as swimmers will be seeded by time
 - Top swimmers will move on to finals
 - Later in the day or another day
 - A maybe B finals or more. Where could you find this info?
 - Prizes for personal best (PB) or heat wins
 - Ribbons usually mailed out
 - Medals aren't as common as summer club

Type of Meets

- Non sanctioned meets – times not official
 - Mock meet in house
 - Smaller meets Cold Lake, Meadow Lake, North Battleford
 - Great meets to get comfortable and a fun team atmosphere
- Sanctioned meets
 - May or may not have time requirements – will be meet specific
 - Poppy, Candy Cane, Blue Bear, 12&U, Lloyd home meet
 - Championship meets
 - Festival, Trials, Championships
 - Qualifying times only

Time Standards

- Disqualifying times
 - Some meets limit faster swimmers from attending
 - 12&U, Neil Lepps
- AGE IS DETERMINED ON 1st DAY OF A MEET
 - Festival (Jan/Jun)
 - 12&U Championships – AB Swimmers only
 - M&F 10&U, 11, 12 y/o time standards
 - Alberta Trials (Mar/Jun)
 - Provincial meet – AB Swimmers only
 - M&F 13&U, 14, 15 & 16&O time standards

- Alberta Championship (Mar/Jul)

- Highest Provincial meet
- Open to any World Aquatic swimmer to qualify
- M/F 13&U, 14 , 15, 16 & open
- Festival qualifier can swim Trials or Champs if qualified
- Champs qualifier can not swim Trials
- Trials swimmer can qualify for Champs by achieving the time standard or winning an event

- National Time Standards

- Canadian Trails (Olympic Trials), Canadian Open, SC National Champs



Provincial Championship Time Standards 2024 - 2025										
Female					EVENT	Male				
13 & U	14	15	16	Open		13 & U	14	15	16	Open
28.4	27.8	27.6	27.4	27.3	50 Free	SC	27.7	26.2	25.8	25.3
28.9	28.3	28.1	27.9	27.8		LC	28.2	26.7	26.3	25.5
1:02.2	1:01.2	1:00.7	1:00.3	1:00.1	100 Free	SC	1:02.1	58.3	56.8	55.8
1:03.5	1:02.5	1:02.0	1:01.6	1:01.4		LC	1:03.4	59.5	58.0	56.9
2:16.3	2:13.4	2:12.6	2:11.8	2:11.4	200 Free	SC	2:17.1	2:08.7	2:05.1	2:03.1
2:19.1	2:16.1	2:15.3	2:14.5	2:14.1		LC	2:19.9	2:11.3	2:07.7	2:05.6
4:51.5	4:43.8	4:42.3	4:40.7	4:39.9	400 Free	SC	4:54.6	4:35.9	4:32.2	4:29.8
4:57.4	4:49.6	4:48.0	4:46.4	4:45.6		LC	5:00.6	4:41.5	4:37.7	4:35.3
10:04.5	9:48.2	9:45.1	9:42.0	9:40.5	800 Free	SC	10:10.5	9:30.8	9:23.0	9:18.0
10:16.8	10:00.3	9:57.1	9:53.9	9:52.3		LC	10:23.0	9:42.5	9:34.5	9:29.4
19:07.7	18:36.9	18:31.1	18:25.2	18:22.3	1500 Free	SC	19:36.1	18:19.7	18:04.6	17:55.0
19:31.1	18:59.7	18:53.8	18:47.8	18:44.8		LC	20:00.1	18:42.1	18:26.8	18:17.0
33.1	32.2	31.8	31.5	31.3	50 Back	SC	32.8	31.0	30.6	29.3
33.8	32.8	32.4	32.1	32.0		LC	33.5	31.6	31.3	29.9
1:12.4	1:10.0	1:09.2	1:08.3	1:07.9	100 Back	SC	1:12.0	1:08.0	1:06.6	1:03.9
1:13.9	1:11.4	1:10.6	1:09.7	1:09.3		LC	1:13.4	1:09.4	1:08.0	1:05.3
2:35.5	2:33.0	2:30.1	2:29.3	2:28.4	200 Back	SC	2:36.3	2:29.3	2:25.5	2:20.9
2:38.7	2:36.1	2:33.1	2:32.3	2:31.4		LC	2:39.5	2:32.3	2:28.5	2:23.8
37.3	35.7	35.5	35.3	35.2	50 Breast	SC	35.7	34.0	33.2	32.9
38.0	36.5	36.3	36.1	36.0		LC	36.5	34.7	33.9	33.6
1:23.7	1:20.9	1:20.5	1:20.2	1:20.0	100 Breast	SC	1:21.1	1:17.2	1:14.9	1:14.3
1:25.4	1:22.6	1:22.2	1:21.8	1:21.6		LC	1:22.7	1:18.7	1:16.4	1:15.0
3:02.8	2:55.2	2:54.4	2:53.7	2:53.3	200 Breast	SC	2:59.5	2:51.8	2:43.8	2:43.0
3:06.5	2:58.8	2:58.0	2:57.2	2:56.8		LC	3:03.2	2:55.3	2:47.1	2:46.3
30.8	30.2	29.8	29.6	29.4	50 Fly	SC	30.1	28.4	27.8	27.2
31.4	30.8	30.4	30.2	30.0		LC	30.8	29.0	28.4	27.8
1:12.3	1:10.0	1:09.4	1:09.0	1:08.8	100 Fly	SC	1:10.9	1:05.8	1:03.7	1:02.2
1:13.8	1:11.4	1:10.8	1:10.5	1:10.2		LC	1:12.3	1:07.1	1:05.0	1:03.4
2:40.1	2:34.7	2:33.3	2:32.5	2:31.9	200 Fly	SC	2:39.8	2:28.1	2:23.2	2:19.7
2:43.4	2:37.9	2:36.4	2:35.6	2:35.0		LC	2:43.1	2:31.1	2:26.1	2:22.5
2:38.3	2:34.2	2:33.4	2:32.6	2:32.2	200 IM	SC	2:36.6	2:27.4	2:24.1	2:21.5
2:41.5	2:37.3	2:36.5	2:35.7	2:35.3		LC	2:39.8	2:30.4	2:27.1	2:24.4
5:36.1	5:27.2	5:25.6	5:24.1	5:23.3	400 IM	SC	5:36.3	5:16.0	5:08.8	5:03.1
5:43.0	5:33.8	5:32.3	5:30.7	5:29.9		LC	5:43.2	5:22.5	5:15.1	5:09.3

All time standards are set to the tenth. Swimmers must equal or better the standard to qualify.

For example: 1:50.9 = 1:50.90 (1:50.90 qualifies, 1:50.91 does not qualify)

SCM, LCM, SCY

- Short Course Meters – 25 meter pools
- Long Course Meters – 50 meter pools
- Short Course Yards – may see but not a Canadian standard
 - For provincial level meets either a SCM or LCM time is accepted to qualify
 - Converted times may be acceptable – check the meet package!

Subject to change

- Adjustments are made annually to modify these slightly
- The Olympics have an impact on your swimmer
 - Meets are always subject to change due to world events
 - 2025/26 schedule is being adjusted for Commonwealth Games

Opportunities

- Alberta Summer Games 2026 Strathcona County
 - 4 M & 4 F YOB 2013 & 2014 from region
 - Qualifying TBD
- Swim Alberta Development Camps
- Indigenous Games
- Outside Province Meets
- International Meets

Bathing Suits

- Suits must not extend beyond the knee
- Suits must be one piece
- Modesty wear is expectable if no advantage
- Team suits are acceptable for all events
- Tech suits
 - Festival swimmers if wearing a tech suit must have a 12&U approved suit
 - Regular suit is acceptable
 - Tech suits are not a requirement but can give more info
 - US follows 12&U tech suit rule for all meets

Apps and Websites

- Meet Mobile
 - \$12/year
 - Haven't attended a meet that isn't using it
 - It is UNOFFICIAL, coaches heat sheets and posted results are official
 - Follow favorite team and swimmers, push notifications, past results
- Swim Rankings
 - Can see swimmers rankings within club, provincially and nationally
- Swim Cloud (Lloyd listed as SK)
 - Graphs swimmers progress
- World Aquatic Points
 - Ranking based off of world record

- Pool Queue

Parent Officials

- Are you bored at the pool?
- Level 1 (online self paced)
 - Intro to swim officiating
 - Can work as a timer
 - Safety Marshall
- Leve 2
 - Judge of Stroke
 - Inspector of Turn
 - Chief Timekeeper
 - Admin Desk
 - Chief Recorder
 - Chief Judge of Electronics
 - Meet Manger
 - Starter

Final Thoughts

- Not every swim is a PB
 - F swimmers develop younger than M
 - F swimmers have a more gradual time drop
 - Champs 50 FR SCM
 - F 13&U to open 1.1
 - M 13&U to open 3.2
 - All swimmers will plateau but progress won't stop
- Swimmers develop differently, kids succeeding at a young age doesn't mean others won't later