



WDSC

Swim Meet

Guide

Swim meets are one of the most exciting parts of the sport. They give swimmers a chance to track progress, build confidence, and celebrate personal bests. This guide walks BC families through what to expect so your swimmer feels prepared and supported.

Before the Meet

Arrival:

Arrive **15–20 minutes before warm-ups** to check in, find your team area, and get settled.

Check-In:

Swimmers must check in with their coach so the coach knows they are present and ready to race.

Warm-Up:

Warm-ups help swimmers get used to the pool and prepare their bodies for racing.

What to Bring

- Goggles (bring a spare)
- Swim cap
- 1–2 towels
- Water bottle
- Healthy snacks
- Warm clothes for between races
- Optional: folding chair, book, quiet activities
- Chair for your swimmer (at some meets, swimmers sit with their team in between races in the gym).

Understanding Events & Heats

- **Event:** The stroke + distance (e.g., 50m Freestyle).
- **Heat:** A group of swimmers racing the same event.
- **Lane:** Where your swimmer races.

Meet Results Apps

Many BC meets publish results digitally so parents can follow along in real time. The most common platforms are:

Meet Mobile

The most widely used app for swim meets across Canada and the U.S.

What you can see:

- Your swimmer's events, heats, and lanes
- Estimated start times
- Live or near-live results
- Splits and rankings
- Psych sheets and heat sheets (if published)

Cost:

Meet Mobile requires a small annual subscription.

Availability:

Not all meets appear in Meet Mobile — the host club must choose to publish.

During the Race

- Officials ensure swimmers are in the correct heat and lane.

- After the race, swimmers return to their coach for feedback.
- Parents cheer from the stands — only swimmers, coaches, and officials are allowed on deck.

BC-Specific Rules & Notes

- **Swim BC meets (winter)** follow Swimming Canada rules and may include qualifying standards.
- **DQ (Disqualification)** is part of learning — coaches explain what happened so swimmers improve.

Results & Personal Bests

Every race is timed, and swimmers track **PBs (Personal Bests)** throughout the season.

Apps like Meet Mobile make it easy to follow progress, but official results are always posted online afterward.

Parent Tips

- Encourage hydration and warm clothing between races.
- Celebrate effort, not just outcomes.
- Meets can be long — bring snacks and something to do.
- Connect with other parents; the community is one of the best parts of the sport.

Swim meets are about **fun, learning, and progress**. Every race is a chance to grow, build confidence, and be part of a team.