

WHITEHORSE GLACIER BEARS: AN INTRODUCTION TO *SWIM MEETS*

whitehorseglacierbears.ca



@wgbswimclub



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OUR GOVERNING ORGANIZATIONS



**These governing bodies establish the
RULES & STANDARDS of swimming.**

WHAT IS A SWIM MEET?

A competition between individual athletes or between two or more swim teams, organized by a swimming organization or governing body

Swim meets can be held in indoor or outdoor pools, that are either 25 yards, 25 meters, or 50 meters in length

The goal of competing is for athletes to finish their events as fast as possible, striving to earn a new personal best time. More than that, the goal is to:

- Have FUN
- Learn life-long transferable skills, including goal setting and emotional regulation
- Meet new people and make great friends
- **Be a part of a team; a community**

WHAT IS A MEET PACKAGE?

A summary of information that athletes, parents, coaches, officials and volunteers need to know about the specific swim meet. Every swim meet has one and they are all different!

Information included in the meet package includes:

- Eligibility to enter a meet
- time and location
- Order of events
- Entry fees
- Deadlines to register.

It also includes:

- How you will be timed
- Point system(s) that may be used
- how awards will be presented, and
- provide information about the hosting facility.

Meet Packages will always be uploaded to the WGB website under the event, listed on the Event & Competition page

WHAT IS AN EVENT?

- An event is an individual swim race or a relay race (a team of 4 racing together, one after another)
- Events are broken down by:
 - Distance: 50, 100, 200, 400, 800 and 1500
 - Stroke: Freestyle, Backstroke, Butterfly, Breaststroke, Individual Medley
 - *Oftentimes* by age and gender
- Every meet has a limit of how many events you are eligible to swim. This information is found in the Meet Package
- Most swim meets number their events, and they typically go in standard order unique to each swim organization.



WHAT IS A RELAY?

- A combination of four swimmers on the same team.
- Swimmers take turns completing parts of the race at the sum of 1/4 of the total distance.
- Relays are either freestyle or a medley.
 - **200 freestyle relay:** each swimmer swims 50m of freestyle
 - **400 freestyle relay:** each swimmer swims 100m of freestyle
 - **800 freestyle relay:** each swimmer swims 200m of freestyle
 - **200 medley relay:** swimmer # 1 swims 50 backstroke, swimmer #2 swims 50 breaststroke, swimmer #3 swims 50 butterfly and swimmer #4 swim 50 freestyle.
 - **400 medley relay:** swimmer # 1 swims 100 backstroke, swimmer #2 swims 100 breaststroke, swimmer #3 swims 100 butterfly and swimmer #4 swim 100 freestyle.



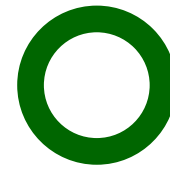
WHAT IS A HEAT?

- In each event, there can be many swimmers competing.
- Depending on the size of the pool, only a limited number of swimmers can race at a time.
- Our pool has 8 lanes, which means only 8 swimmers will race in the event at a time, which is called one “heat.”
 - For example, If there are 80 swimmers competing in the 100 freestyle, there will be 10 heats.
- In every heat, swimmers will be assigned a lane based on their entry time. Every pool is different and may have different lanes. When racing in 8 lanes, the lanes are assigned like this:

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
7 th Fastest Entry Time	5 th Fastest Entry Time	3 rd Fastest Entry Time	#1 Fastest Entry Time	2 nd Fastest Entry Time	4 th Fastest Entry Time	6 th Fastest Entry Time	8 th Fastest Entry Time

WHAT IS 'SEEDED' HEATS?

- Typically, the swimmers with the slowest seed (entry) times will swim in the first heat
- Swimmers with the fastest seed (entry) times will swim in the last heat.



WHAT IS 'CIRCLE SEEDING'?

- Some meets use a circle seed, where swimmers of varying speeds are mixed up within heats.
- For Ryan Downing, the last **3 heats** of every event are 'circle seeded'.
 - NOTE: If an athlete wins their heat, that does not always mean that they won the entire event.
 - The official results for every event will be printed out and posted in a designed area and will list the results of the entire event. There are mobile applications available that results may be uploaded too as well



WHAT IS A HEAT SHEET?

- A document that lists the event, heat, and lane assignments; the 'magic' document that tells swimmers what, when and where they are racing
- Coaches are provided Heat Sheets and will help athletes understand their races
 - TIP: Younger athletes LOVE writing their races on their arm utilizing a 'sharpie' or a pen. Make sure to pack one for your athlete
- Heat Sheets are usually available to spectators for a small cost



EXAMPLE of EVENT CHART SWIMMER'S ARM or LEG

E

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#7 Girls 8 & Under 100 Yard IM				
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
2	Sydney Boyer	6	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Laura Stroud	7	WWST	NT
Heat 2 of 2 Finals				
2	Bree Sullivan	8	WWST	NT
3	Ruth McGee	8	WWST	2:19.99
4	Delaney Byrne	8	WWST	NT
5	Elena Williamson	7	WWST	NT

#19 Girls 7-8 25 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
2	Natalie Potter	8	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Maeve English	7	WWST	NT
Heat 2 of 3 Finals				
2	Andie Smiley	8	BVCC	NT
3	Ava Griffin	7	BVCC	NT
4	Skyeler Jackson	8	BVCC	NT
5	Meredith Setser	7	WWST	NT
Heat 3 of 3 Finals				
1	Elena Williamson	7	WWST	NT
2	Noelle de Vente	7	WWST	NT
3	Ruth McGee	8	WWST	21.72
4	Jeannie Ridley	7	WWST	40.28
5	Alexandra Johnson	7	BVCC	NT

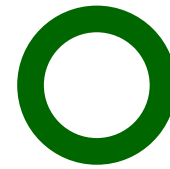
Heat 3 (#31 Girls 7-8 25 Yard Backstroke)			
1	Hayley Ferrell	7	WWST NT
2	Claire Crane	7	BVCC NT
3	Sarah McGee	8	WWST 29.78
4	Delaney Byrne	8	WWST 35.94
5	Ruth McGee	8	WWST NT

#61 Mixed 8 & Under 100 Yard Medley Relay			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	WWST	B	NT
	Jeannie Ridley W7	Laura Stroud W7	
	Luke Leong M8	Cayman Choate M8	
3	BVCC	A	NT
	Maddie Williams W7	Sydney Boyer W6	
	Cameron Taylor M8	Ethan Boyer M8	
4	WWST	A	NT
	Ruth McGee W8	Colin Kruse M8	
	Jenna Rupp W8	Bree Sullivan W8	

E	H	L	
7	2	3	IM
19	3	3	Free
31	3	5	Back
61	1	4	Reby (Back)

WHAT ARE PRELIMS & FINALS?

- In a preliminaries and finals meet format, the object of the preliminary swim is to qualify for the finals session.
- In an 8-lane pool, if a swimmer places among the top 8 after swimming their event (prelim swim), they advance to swim in the finals in the finals session.
- Some meets also swim a consolation final



WHAT IS A TIMED FINAL?

- Timed Finals are when all heats of a particular event are swum ONCE during a meet.
- Seeding for these heats are determined by the meet host.
- They may be swum slowest to fastest or fastest to slowest.
- The final placement of the swimmers is determined once all the heats are swum and the times are ranked.



WHAT TO EXPECT AT LOCAL SWIM MEETS?

- Lots of athletes standing and sitting all over the pool deck
- Swim bags, clothes, towels, cap & goggles EVERYWHERE
 - Tip: put athlete(s) name in any clothing or gear, things are easily misplaced
- 1 big warm-up in the big pool
- Athletes re-warming up or 'cooling down' in the leisure pool throughout the meet
- No athletes in the hot tub until all races are done
- Coaches standing all over the pool with heat sheets and chatting with the athletes
 - Teddy & Cub groups: athletes stay together with their coaches in one designated area (usually in the far corner of the deep end pool, by the windows)
 - Black Bears & up: athletes are responsible for talking to their coaches and knowing how to keep track of races. The athlete to coach ratio is a large discrepancy, coaches cannot chase the older athletes to get to their races; they are in charge of their punctuality and readiness



WHAT TO EXPECT?

- People (PARENT VOLUNTEERS) walking around on the side of the pool, and sitting at either end of the pool, in red shirts judging the races (they are officials)
- People (PARENT VOLUNTEERS) sitting at the end of the pool in white shirts timing
- A referee starting each race (whistles blowing several times, followed by 'Take Your Marks', a loud beep, and splashes)



WHAT TO EXPECT?

- Lots of athletes to make a final / second swim (not applicable for time trials)
- Official Results to be posted on the windows before the doors leading out of the pool (not applicable for time trials)
- Loud, loud, LOUD! Lots of cheering
- LOTS of smiles, high fives, and good times
- Tired, hungry, happy athletes



TARGETS

- **Teddies, Cubs & Black Bears:**
 - Having a fun experience
 - Being a part of a team and making new friends
 - Cheering loud!
 - First time racing OR striving for new personal bests



TARGETS

- **Brown Bears – Polar Bears:**

- Having a fun experience
- Being a part of a team and making new friends
- Cheering loud!
- Striving for new personal bests
- Striving to earn BC Divisional Standard qualifying times
- Striving to earn BC Provincial Standard qualifying times
- Striving to earn Canadian Junior Championship qualifying times

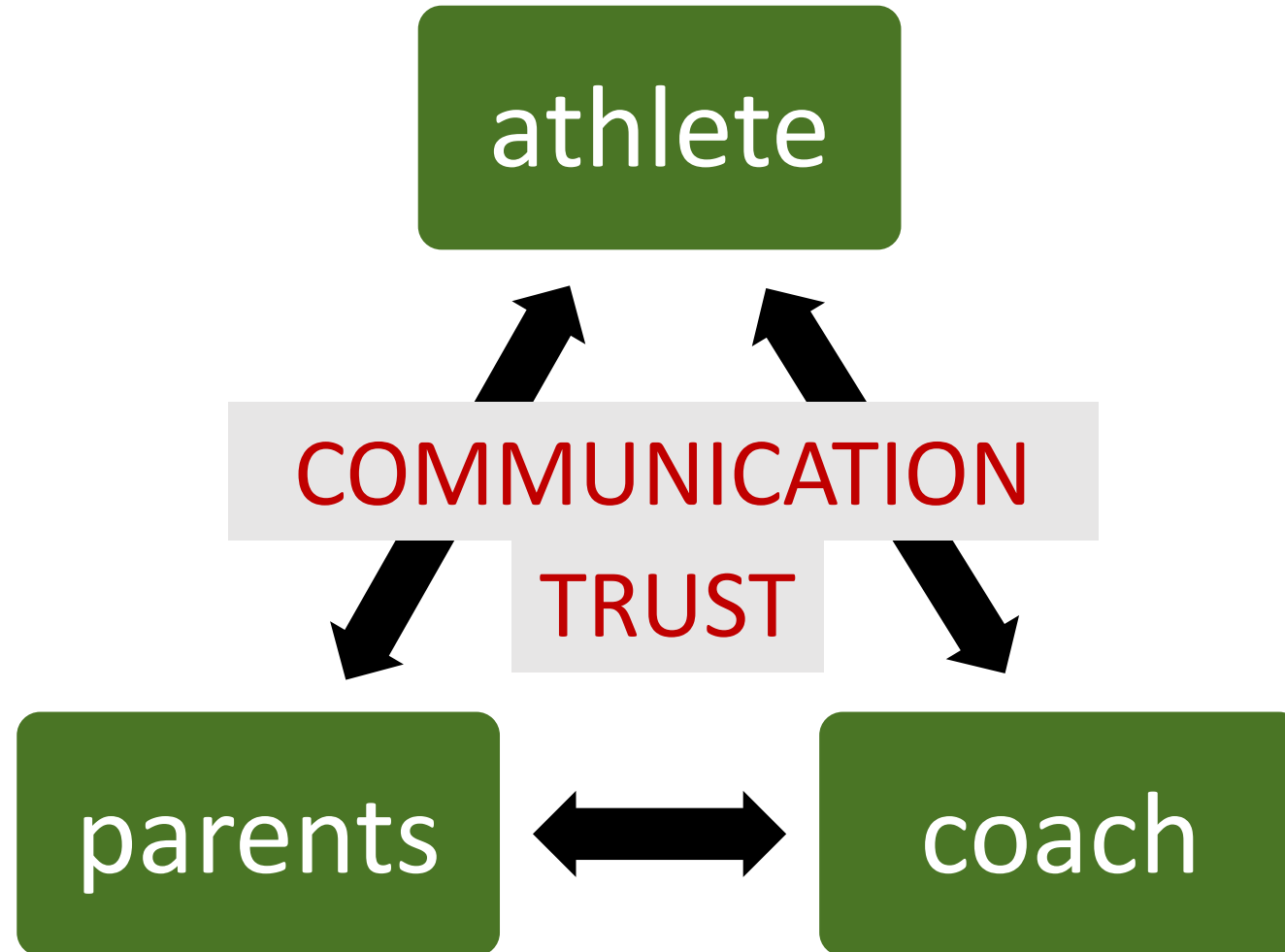


TARGETS

- **Kodiaks - Silvertips:**
 - Having a fun experience
 - Being a part of a team and making new friends
 - Cheering loud!
 - Striving for new personal bests
 - Striving to earn BC Divisional Standard qualifying times
 - Striving to earn BC Provincial Standard qualifying times
 - Striving to earn Canadian Junior Championship qualifying times
 - Striving to earn Canadian Championship qualifying times
 - Striving to earn Canadian Olympic Trial qualifying times
 - Striving to earn Varsity Sport qualifying times



THE PARENT ROLE



THE PARENT ROLE



The day & night before, make sure your athlete(s):

- Drinks lots of water
- Has a carbohydrate heavy dinner (pasta is always good)
- Has a good night's sleep the night before (go to bed early!)

The day of, make sure your athlete(s):

- Get up early enough to have a proper breakfast (not too much, but not too little)
- Has a lot of water throughout the day
- Has quick, easy snacks that are easy to reach (and NOT messy – remember, no food is allowed on deck. Snacks in the viewing area only)
- Understands that it is not a good idea to have snacks too close to their races (no snacks 20-30 minutes before racing)
- Getting 'excited' about their races. It is NORMAL to feel nervous (Fun Fact: our brain doesn't know the difference between being nervous and excited. Choose to think it is EXCITEMENT!)

THE PARENT ROLE

- The day of, make sure your athlete(s):
 - Gets to the pool on time to activate and warm up
 - Know what time the warm-up starts at!
 - Has their cap & goggles (good idea to bring an extra set)
 - Has 1 towel to dry off between races, and 1 towel to use when getting changed
 - As WGB clothing!! Clothes should always be on between races to help athletes stay warm



THE PARENT ROLE

- At the meet, make sure your athlete(s):
 - Talks with their coaches and that they know what they are racing, when they are racing, and where they are racing
 - Sticks with the group, and not with the parents. Making buddies and learning with your team is the best approach! (small visits to parents are okay, encourage kiddos to go back to their areas)
 - Hears you cheering!!
 - Is kind to themselves and others with encouraging words
 - Parents, encourage your athlete(s) and ask 'what was your favourite part' and 'what would you like to learn more about in swimming'?



THE PARENT ROLE

- At the meet, make sure your athlete(s):
 - **Believes that:**
 - **racing is for FUN**
 - **best times are only a bonus (there is no such things as best times every time. The real win is the effort and the fun)**
 - Understands how to read the final results and knows if they have made a 'second swim' (final) (at applicable swim meets only)
 - If you are uncertain, talk to the coach
 - Talks to their coach before they leave the pool
 - When there is Heats and Finals, athletes have a healthy lunch during the break time between the two (carbs are great! Subway is always fan favourite choice at swim meets)
 - Gets a small rest in, especially if swimming again



THE PARENT ROLE

- At Finals (when applicable), make sure your athlete(s):
 - Gets to the pool on time to activate and warm up
 - Know what time the warm-up starts at!
 - **& everything else listed earlier!**



**PARENTS PARENT,
COACHES COACH**

***Watch, Learn, Cheer &
Have FUN.***



GET INVOLVED

=

VOLUNTEER

VOLUNTEER
=
SIGN UP TO TIME &
BECOME AN OFFICIAL



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WHITEHORSE GLACIER BEARS
Yukon, Canada

2023-2024 SEASON UPDATES

- **WPGC 2023 SWIM** will be Thursday October 5
- **SAVE THE DATE AGM:** Saturday October 21, 8pm at Sport Yukon Boardroom.
- **NEW 2023-2024 SCCHEDULE IS HERE!**

Thank you for sticking with us in the past, we need you to make it a better season for, relax and enjoy your season. We look forward to seeing everyone poolside for the new season!




COMMUNITY | FINANCE | COACHES

UPCOMING EVENTS

Date	Event	Registration
OCT 27	WPGC 2023 - Karaoke/Community Swiming 8pm - 10pm 2000 people invited	
OCT 21	AGM - Whitehorse Swimming League 8pm - 10pm 2000 people invited	
NOV 17	Pool Fundraiser 8pm - 10pm 2000 people invited	

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