

May 3, 2024 Arrival 5:00pm – Meet Start 6:00pm

WILD ORCAS MOCK MEET

IMPORTANT CONTACTS

Meet Director	Tiffany Cross	512-773-2714	texascross@gmail.com
President / Computer Chair	Rachel Throop	512-663-9194	teammanager@wildorcas.com
Volunteer Coordinator	Liz Merkel	512-773-8269	lizmerkel@outlook.com
Head Coach	Jonny Songer	248-872-9729	coach@wildorcas.com

NOTES FROM THE COACH

We're starting the season off right – ONLY ORCAS! Tonight's mock meet will help calm any nerves you have about racing. Enjoy the time with your friends and remember this is a "practice" meet so no pressure! Check out your new starting blocks tonight too. Big Orcas, encourage all teammates younger than you!

- **Coach Jonny**

MEET LOGISTICS

- **Arrival: 5:00pm** Orca check-in (kids at age-group tents / Parents at Volunteer table)
- **Warm-up:**
 - Orcas @ 5:25-5:55pm
- **Timer Volunteer Meeting:** 5:40pm
- **Meet Start:** 6:00pm
- **Volunteer Shift Change:** ~6:45pm
- **Meet Ends:** 7:30pm

LOCATION

Location: Westover Hill Club

Address: 8706 Westover Club Dr, Austin, TX 78759

Limited Parking. Families will need to park on the street. Be courteous to our tolerant neighbors (**no parking in front of mailboxes or driveways**)

Concessions: We will not have full concessions at the mock meet, but instead, pizza, chips, and drinks! Adult beverages provided on-the-house, but bring cash for food!

HEAT SHEET



Download (and print, if you wish!) the heat sheet for this meet!
Remember, times are approximate!

SWIMTOPIA

Get the App! It's the fastest way to receive team notifications and follow the meet results live!



MEET REMINDERS

NO CHAIRS ON DECK

Please be courteous and setup any chairs outside the pool deck (lawn, gymnasium, etc). The pool deck should be used for spectating only. When your swimmer is out of the pool, please make room for the next parents to step up to get those videos and cheer!

MARK YOUR SWIMMER

Use the Heat Sheet to determine the event, heat, and lane assignments for your swimmer. Use a sharpie to draw an "EHL" grid on their arm and put each event as a row in the grid. If they're swimming a relay, put their order in the relay in parentheses next to the lane.



NO ELECTRONICS

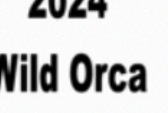
Water and Electronics don't mix! Swimmers can break out the uno cards, cheer on their friends, and have a technology break!

CAN'T MAKE IT?

If your swimmer has a last-minute illness and needs to scratch from a meet (at any time this season), please email meets@wildorcas.com. This allows us time to fill relay slots as needed!

BAD WEATHER

The Meet Director will be monitoring the weather constantly. Club policy: clear the pool if lightning is within 10 miles & clear the deck within 5 miles, for 30 minutes. If there is no lightning, we will swim in the rain! If your family decides to leave before the meet is over, please let your age-group parent know. Swimtopia for notifications!



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HOW TO MARK YOUR SWIMMER FOR A SWIM MEET

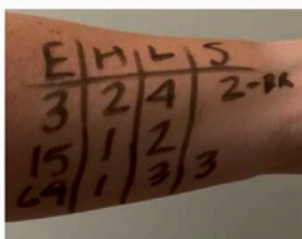
An essential part of getting ready for a swim meet is marking your swimmer with their events. This helps the swimmer, AG parent and Ready Bench Volunteer get everyone to the right events. There are some variations, so if you do it slightly different, just make sure the information is the same.

For best results use a sharpie marker on sunscreen free skin.

First, mark your swimmers name on their shoulder blade/back.

Next make an event grid on your swimmer's wrist, lower arm, or thigh. They should be able to read the grid. Using the heat sheet, fill in the information for all of the swimmer's races, in order. For example:

E(vent)	H(eat)	L(ane)	S(troke)
3	2	4	2-br
15	1	2	
69	1	3	3



On the arm:

This swimmer is in two relays and one individual event:

Event 3 is the 100 meter medley relay. The 2 in the stroke column indicates what leg/stroke of the relay she will swim.

Stroke order for the medley relay is 1-Back 2-Breast 3-Fly 4-Free

Event 15, 25m freestyle, 1st heat, lane 4

Event 69, 100m freestyle relay, swimming 3rd.