



## Preparing for a Swim Meet

### RSVP for a Swim Meet

- RSVP through the SwimTopia app or the website whether or not your child will attend the swim meet. It is very important that you let us know if you are unable to attend a meet as it may affect a relay event and cause other swimmers on the team to miss out on swimming the relay.
- Log in [to the team website](#) using the same email you used to register the kids for the season.
- Click on the “Schedule” tab in the navigation bar, then “Meet Schedule,” then click on the meet you would like to RSVP for. Click on the green “Meet entry” box.

MON  
JUN  
19

MEET ENTRY  
CLOSED

JOB SIGNUP  
OPEN

**Northwest Crossing vs Braun Station**

**Braun Station**  
Start: 5:00 PM  
Warm-up: 4:00 PM  
End: 9:00 PM (estimated)

On this screen, click the green “Edit” button.

## Braun Station vs Hunters Chase - June 26, 2023

### Your family swim meet status

#### Fox Forney

Not yet signed-up for this meet.

#### Laurel Forney

Not yet signed-up for this meet.

Edit

[Return to Swim Meets](#)

- The next screen will allow you to specify which swimmers will or will not attend that meet. Click “SAVE” to retain your selections.



## Braun Station vs Hunters Chase - June 26, 2023

Fox Forney

Need to let the coach know something?

Notes for coach:

Laurel Forney

Need to let the coach know something?

Notes for coach:

[Cancel](#)

- Meet signup usually closes Wednesday before the meet.
- Your child will swim 1-2 events. When the entries are made, they will upload to your child's name in the SwimTopia App. Heat sheets will also be e-mailed out.
- An alert will be sent out when Job signups are available. Every family is expected to have at least one parent volunteer at each meet. This is vital and allows us to run the meet efficiently. Short descriptions of the volunteer role are given next to each job. We can give a lot of support if you are unsure about being competent for a position.

### **What to Bring (LABEL EVERYTHING!)**

- Swim cap
- Barracuda suit



- 2 pairs of Goggles (properly adjusted and previously worn swimming)
- Two or more towels
- Sunscreen
- Books, cards, etc.... for entertainment between events
- Drinks: water, juice, Gatorade, Powerade
- Snacks (fruit, fiber bars, oranges, healthy snacks)
- Chair for spectators
- Pop up canopy for spectators

## **Arriving at the Meet**

- Be on time. Warm-ups begin well before the meet start time. Team will warm-up together for 15 minutes.
- Check in at the check-in table so coaches know you are here. Coaches have to submit relay changes 30 min before the meet starts for an away meet and 45 min before the meet starts for a home meet. If your swimmer is not checked in at this time, he/she will be removed and substituted with another swimmer for relay events.
- Please set up for spectating outside the gates. Inside the gate is for families watching swimmers in their an active event or ordering concessions. Once your swimmer swims please leave the gates. It gets really crowded.
- Mark your swimmer with a Sharpie! (First and Last name on the back of shoulder and event list - see below)
- Pay attention to which event number is swimming through the SwimTopia app (if you pay for premium) or on the fence or the corner of the deep end.
- Line up your swimmers 5 events before they are swimming.

\*\* If you are running late for a meet or your child is sick on the day of a meet, please text Assistant Coach Taylor Simmons (210) 620-5358 with your swimmer's first & last name, age group, and the situation (running late, sick, etc.) as soon as you know.

## **How to mark your child** (other parents would be happy to show you how to do this)

- To help swimmers keep track of what events they are swimming in, each swimmer needs a grid/chart on their arm or leg showing the event number, the heat number, the lane number, and the stroke/distance...for every race they are going to swim. You get this information from the Heat Sheet that is emailed or the SwimTopia App.

Below is an Example:



E	H	L	
75	2	4	100 IM
91	2	3	100 Back
99	1	5	500 Free

## After the Meet

- Do not leave pool without checking with a head or assistant coach (not a high school coach), regardless of whether your swimmer has finished their last posted event because there is a chance they will be needed to swim in a relay.
- PLEASE throw away all trash and gather belongings before leaving.
- Ribbons are handed out the day after the meet after your child's practice.