

Dual Meets and Divisionals

When you join the Stone Creek Stingrays, you have the opportunity to either swim competitively or choose to be non competitive. All the daily practices lead to us competing in the NWAL Summer League against other teams in our Division. Practices are Tuesdays to Fridays starting April 12th for the next eleven weeks, with Meets on Saturdays, in May and June. The NWAL Season begins with our in-house Time Trial/Mock Meet on May 7th, and it will end with our Divisional Meet on June 18th. This is considered the regular season and what your registration fees cover. In addition we have Mid-Season & Postseason Invitationals that we attend that require qualification times to be eligible for entry and a nominal per race fee that is charged by the invitational hosts.

For 2022 we are a part of the W4 Division, with the following Team: Bridgestone, Country Lake Estates, Wimbledon, Heatherwood & Cypress Mill.

Below is our Met Schedule for the 2022 NWAL Season.

Schedule

May 7-Home in house mock meet and time trials.

May 14-Away at Bridgestone

May 21-Home with Country Lake Estates

May 28-Away at Wimbledon

June 4-Home with Heatherwood

June 5-Summer Heat invitational

June 11-Away at Cypress Mill

June 12-Pentathlon invitational

June 18-Divisionals at Home

June 24-26-RWB and Ponderosa invitationals

Attendance

Competition is an integral part of our swimmers growth and development, helping our youth understand what their practice leads up to, motivating them for further success, giving them avenues for setting goals and helping them grow skills such as grit, perseverance, good sportsmanship and teamwork. Mark and clear your calendars early to make the most of the experience and do your part within the team. Communication is key. If there is a reason you cannot make a meet, let a coach know. After two absences with no communication our coaches have to take action to protect the interests of the team. Consequences include not being entered into future meets or relays.

Meet Preparation

Arrival time for our meets is generally around 6:30 AM to give swimmers time to settle in and for the adults to find a halfway decent parking spot. (Parking is at a commodity) Bring tents and canopies for shade, cover for the ground as some of our swimmers lay out between races, lawn

chairs and some cash for the concession stand to support your team. Coolers with healthy snacks and hydration are also good. Also be sure to pack the extra pair of mirrored or shaded goggles for outside meets in case the main pair breaks.

Time Trials

This is our in-house practice meet for both our swimmers and our volunteers. By NWAL rules we cannot enter any swimmer into a dual meet race with no time (or NT for short) for this reason as well it is important for all to be present. Even though this is a practice meet, the time earned sets the seeding (what lane swimmers swim in) for the next meet so it is important for swimmers to try to get their best time.

If you cannot make this meet, please let one of your coaches know as soon as you know. Practice will have to be used to get a time in so the earlier they know, the easier it is to get this taken care of. There are tight deadlines to enter swimmers into the dual meets so a limited number of opportunities the longer you wait to let the coaches know.

Dual Meets

Again, arrive at 6:30 am. Each team has a designated spot to set up tents so watch your email for instructions or check the website calendar for information as it comes out. We do everything as a team so find your fellow Stingrays at setup. The first thing swimmers should do is check-in. There will be a table set up to find out race and lane assignments and to let the coaches know you are here. This is critical for relays as there is a scratch meeting before the meet starts where alternates are added to those events.

To help swimmers know when they will go to the ready bench for their races a sharpie is usually used to write event numbers on their arms. Sometimes even heat and lane information can be written, but can change at the ready bench more readily in a dual meet. It may look like this:

E	H	L
11	1	3
23	1	4
33	1	6
59	2	3
79	1	5

At dual meets, swimmers are entered into no more than 3 individual races and 2 relays. Our coaches choose these events to balance the needs of the team and make the best decision for the athlete's growth. All competitive swimmers are also automatically entered into every meet unless they notify the coaches of an absence.

After check in there will be a warmup, an officials meeting and a timer's meeting. If you signed up to volunteer please check in with the volunteer coordinator for instructions. If you haven't signed up and you can volunteer, let them know as well. There is likely some place you can be used to help.

Relays

There are two sets of relays in a meet. The first is at the beginning and the second is at the very end. It is imperative that you do not leave the meet early without checking in with a coach and notifying them; even if your swimmer is not in that ending relay. Your swimmer may be an alternate. Nothing is sadder than seeing three upset swimmer faces when their teammate cannot be found and they now do not have the opportunity to compete. Just like individual events, the coaches determine who is on the relays and in what order they swim.

Results

Official results are often posted somewhere around the deck, but if you miss it they will become available in Swimtopia. There is a mobile app too where you can find a record of past and future times.

Look for success in a number of ways. Individually your swimmer may place in a race and earn a ribbon or medal, but they may also grow and earn a PB (personal best) They contribute to the team as well and earn points. These points in head to head competition determine if the Stingrays will come out at the top of the standings for another year. All are worthy of celebration.

Divisionals

The last regular season meet has all teams in the division competing together in a divisional. In order to be entered into this meet, swimmers need to have competed in two dual meets. Invitationals do not count. There is also an added mixed relay in the middle of the meet.