

City Meet Helpful Hints

Time: Warm-ups:

Friday: For the 10 and Unders, warm-ups start at **7:20am**. Be there before this time so you can get settled before you get in the water. Red Bank will be in lanes 5, 6 & 7. **Meet starts at 8:30am**.

For the 11 and Olders, warm-ups start around **12:45pm**. Be there before this time so you can get settled before you get in the water. Red Bank will be in lanes 3 & 4. **Afternoon starts around 1:15pm**.

If your swimmer finishes in the top 16 they will qualify to return in the evening for the Finals. **Warm-ups for finals start at 5:00pm. Finals start at 6:00pm**.

Saturday: For the 10 and Unders, warm-ups start at **7:00am**. Be there before this time so you can get settled before you get in the water. Red Bank will be in lanes 5, 6 & 7. **Meet starts at 8:30am**

For the 11 and Olders, warm-ups start around **12:45pm**. Be there before this time so you can get settled before you get in the water. Red Bank will be in lanes 4, 5 & 7. **Afternoon starts around 1:15pm**

If your swimmer finishes in the top 16 they will qualify to return in the evening for the Finals. **Warm-ups for finals start at 4:15pm. Finals start at 5:15pm**

What to bring: Cooler with lots of healthy drinks and snacks (no candy or sodas please), insect repellent, sunscreen, shade tent if you have one. Chairs, beach towels or blanket to spread on the ground. Games, books, etc. to play with between heats, extra towels, something warm to put on after warm-ups. **We will be taking the big team cooler with drinks this year.**

Concessions: They will have a concession stand that day. There will also be swim gear vendors there if you need new goggles, swim suits, etc. Heat sheets (or programs) will be for sale and it is a good idea to get one. They are a good place to keep track of your swimmer's times, etc. and they make a good keepsake. They will cost between \$10-\$15. If you do not wish to buy one, someone on the team will let you borrow theirs so you can look up your child's events. They will also have T-shirts for sale for around \$20.00.

What to do when you get there: First, find the group. Then check in with coach Ken and let him know you are there. We will have our area set up behind the tennis courts (same place as last year). Please plan on sitting in the team area. This will allow the kids to be able to play together and we can help each other's kids get to their events on time. Get a heat sheet or borrow one to find out when your child swims. Check with a veteran parent about how to read the heat sheet and keep up with when your child swims.

Preliminaries: Please know what event your swimmer is supposed to swim. The meet will move very quickly and if a swimmer is not behind the blocks when their event starts, they will miss it. Try to keep up with the events so you can insure your swimmer is ready for their event. After your swimmer swims, instruct them to go see Coach Ken and/or Coach Megan. They will want to congratulate your swimmer.

Relays: Please do not leave unless you tell Coach Ken and/or Coach Megan you are leaving. You may be needed to swim in a relay you are unaware of.

Finals: Finals will be conduct on both Friday and Saturday evening. Finals are very exciting and you are encouraged to attend even if your swimmer does not qualify so they can cheer for their teammates.

The top 16 swimmers will qualify for finals. The top 8 will be in the Championship Final and 9-16 will be in the Consolation Final. There will be 2 alternates for place 17 & 18. The alternates will get moved into finals if a swimmer does not show up or scratches. If you are an alternate it is a good ideal to plan to be at finals because you never know if somebody will scratch.

If your swimmer does qualify for finals, they must **positively check-in** with the designated Meet Official within **30 minutes** of the end of their preliminary session. Only swimmer, swimmer's parent or guardian, or coach may positive check-in on behalf of the swimmer. If a swimmer does not positively check-in by the cut off time (30 minutes), they will be removed from that event in the finals session, an alternate will be placed in the event, and no further changes will be made. **If a swimmer does positively check-in and fails to show up for finals, the team will be fined.**

The top 8 relays will qualify for finals. It is very important to check to see if your swimmer's relay team has qualified for finals. If a relay does qualify, **all 4 swimmers must return for finals for that team to swim.** Substitute swimmers are not allowed. It is very sad to see a relay not able to swim because one swimmer does not return for finals.

Volunteer Duties: Our team is responsible for providing two timers for each session. If you have signed up, please be ready to Time when your time comes. If you did not sign up and would like to see if you can time, get with one of the board members. If you are timing other parents will help your child get to their events.

Winter Swimming: Many of you are interested in information on the winter swim programs. The club programs will have booths set up. You will be able to get information and ask questions.

Problems: If you have a problem come up during the meet, please **don't** take it to the coaches. They are busy trying to watch swimmers, record data, give words of encouragement, or helpful suggestions. Please see a Board Member or a veteran parent. They will take the issue to the coach or find the appropriate person to help solve the problem.