



Welcome!

New Family Orientation: Swim Team Fundamentals & Terminology

4 Primary Strokes

- Freestyle (FR)
- Butterfly (FLY)
- Backstroke (BA)
- Breaststroke (BR)

Distances

- 1 length of the pool = 25 meters
- 2 lengths of the pool (one lap) = 50 meters

IM & Relays

- Individual Medley (IM)
 - Individual event for age groups 9 and older
 - Stroke order: fly, back, breast, free
- Medley Relay
 - Occurs at the very beginning of the meet
 - 4 swimmers
 - Stroke order: back, breast, fly, free
- Free Relay
 - Occurs at the very end of the meet (except for 8&U, which are Events #61 and 62)
 - 4 swimmers
 - Everyone swims freestyle

Clerk of Course

The Clerk of Course is an area at the swim meet where volunteers line up the swimmers on benches according to lane number prior to their event. This is located behind the blocks during our home meets. There are separate Clerks of Course for each team during the 2021 season.

Signing My Child Up for a Meet

You must sign your swimmer up for a meet no later than 6PM on the Monday before the meet. *To sign up for meets, [click here](#).*

Volunteer Requirements

We need your help to make this meet run smoothly and on time. Volunteers are critical to running a swim meet! Great news! You only have to work half the meet! To sign up, [click here](#).

For volunteer descriptions, see separate handout.

Packing List – What should I bring to a swim meet?

- A few snacks and water bottle/drink
- 2 towels per swimmer – they get wet fast!
- Sharpie marker to write Event/Heat/Lane on arm; thinner tip works best (see “Body Mark-up” section below)
- Sweatshirt and/or extra dry clothes; swimmers tend to get cold in the late evening
- Camping chairs and/or blanket to sit on (heads-up: they will get wet)
- Cards, books, or games to pass the time in between events (avoid electronics, as those will get wet and stepped on)

Arrival & Set-up Details

Schedule

- Home team warms up at 5:30
- Away team warms up at 6:00
- Meet begins at 6:30 (estimated end time around 9:00/9:30)
- Arrive approximately 10-15 mins prior to warm-ups to ensure your child is ready to jump in the water right when warm-ups begin

Team Area & Age Group Coordinators

- Find the team section and set up your spot for the night.
- Find the Age Group Coordinator volunteering for your swimmer’s age/gender. Introduce your child and let your child know that this is the person who will help get her/him to the Clerk of Course in time for the events throughout the night.
- Until your child starts to get a feel for how meets work, please have her/him stay close to the team area throughout the night. Please also help to keep tabs on your child. It is very difficult for an Age Group Coordinator to search the club for a swimmer whose event is about to start. To help you follow along with the flow of the meet, you will find an Order of Events section at the end of this document.

Finding My Child's Event Listing

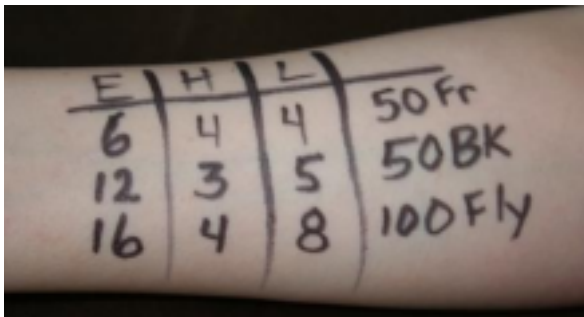
There will be age group signs in our team section with printed event listings posted. Find your swimmer's events and mark them on your child's arm (see "Body Mark-up" section below). You will need to make note of 3 things – the Event Number, Heat and Lane. It's also helpful to annotate the stroke/distance.

The event listings are also posted on Turpin Hills Swim Club's bulletin board by the end of practice on Thursday mornings. However, always re-check the postings at the actual meet itself, as events might change and relays will be added.

Body Mark-up

- For new swimmers, it's helpful for the Age Group Coordinator if you write their names with a Sharpie on their backs.
- Make a grid on your swimmer's arm with their Event/Heat/Lane info. See image below for an example. This helps the swimmer, Age Group Coordinator and Clerk of Course ensure the swimmer is in the right place at the right time.

Tip: You can draw a blank grid on your child's arm prior to leaving the house to save time. The beginning of swim meets can be a little hectic.



Relays

Relays can get a little chaotic. Please help the Age Group Coordinators rally the kids, group them together by team, and send them off to the appropriate end of the pool. A few things to note:

- It's helpful to write your child's order/stroke for the relay on their arm grid.
- The Medley Relay is at the very start of the meet. At the conclusion of warmups, have your swimmer find their Age Group Coordinator and get ready to line up behind the blocks. This should happen before the National Anthem.
- Swimmers 1 & 3 start off the blocks; swimmers 2 & 4 start in the shallow end.
- Medley relay order: Back, Breast, Fly, Free

Meet Themes

There are themes for each meet, such as Super Heroes, USA, Luau, etc. We encourage you and your swimmers to dress up and have fun with the theme. This is a chance to show team spirit!

Tips for a Smooth & Successful Swim Meet

- Put your child's name on her/his stuff. The team area is usually a mess at the end of the night with lots of items left behind.
- Arrive on time or early so that you're not rushed at the beginning of the meet!
- Find a friendly face and ask for help. There are plenty of us there to help you.
- Please encourage your swimmers to toss out their trash and keep things as tidy as possible.
- Enjoy the meet. Cheer for your swimmers and the team!

Important Links

- [Swim Team Webpage](#)
- [Meet Schedule & Sign-up Links for Meets and Volunteers](#)
- [Practice Schedule](#)

Order of Events

Below is the order of events at our meets. This is especially helpful for parents of 6 and under swimmers so that they don't miss an event. *Note: 6&U free and back events that are numerically out of place are noted in red, as well as the 8&U Free Relay that has been moved up in order and is also numerically out of place.*

Event Number		Age Group		Event
GIRLS	BOYS			
1	2	8 & Under		100 meter Medley Relay
3	4	9 – 10		100 meter Medley Relay
5	6	11 – 12		200 meter Medley Relay
7	8	13 – 14		200 meter Medley Relay
9	10	15 – 18		200 meter Medley Relay
79	80	6 & Under	Not in Championships	25 meter Freestyle
11	12	7 – 8		25 meter Freestyle
13	14	9 – 10		25 meter Freestyle
15	16	11 – 12		25 meter Freestyle
17	18	13 – 14		50 meter Freestyle
19	20	15 – 18		50 meter Freestyle
21	22	8 & Under		25 meter Butterfly

23	24	9 – 10		25 meter Butterfly
25	26	11 – 12		50 meter Butterfly
27	28	13 – 14		50 meter Butterfly
29	30	15 – 18		50 meter Butterfly
81	82	6 & Under	Not in Championships	25 meter Backstroke
31	32	7 – 8		25 meter Backstroke
33	34	9 – 10		25 meter Backstroke
35	36	11 – 12		50 meter Backstroke
37	38	13 – 14		50 meter Backstroke
39	40	15 – 18		50 meter Backstroke
61	62	8 & Under		100 meter Freestyle Relay
43	44	9 – 10		50 meter Freestyle
45	46	11 – 12		50 meter Freestyle
47	48	13 – 14		100 meter Freestyle
49	50	15 – 18		100 meter Freestyle
51	52	8 & Under		25 meter Breaststroke
53	54	9 – 10		25 meter Breaststroke
55	56	11 – 12		50 meter Breaststroke
57	58	13 – 14		50 meter Breaststroke
59	60	15 – 18		50 meter Breaststroke
63	64	9 – 10		100 meter Individual Medley
65	66	11 – 12		100 meter Individual Medley
67	68	13 – 14		100 meter Individual Medley
69	70	15 – 18		100 meter Individual Medley
71	72	9 – 10		100 meter Freestyle Relay
73	74	11 – 12		200 meter Freestyle Relay
75	76	13 – 14		200 meter Freestyle Relay
77	78	15 – 18		200 meter Freestyle Relay