

Lakevale Dolphins - A Meet Information

SWIMMERS

It's all about good sportsmanship & great racing on A Meet Saturdays! Here are a few tips for a successful A Meet:

1. Have a healthy and hearty dinner on Friday. Get a great night's sleep!
2. Arrive to the meet on time with everything you need. Swimmers should have the following; team swim cap & goggles, a folding chair, plenty of water to stay hydrated throughout the meet, sunscreen, and healthy snacks to fuel before a race.
3. Get into the spirit of the A Meets! Arrive ready to rock your race with a great attitude and on theme!
4. Be available to your coaches and the Clerk of Course when your race is coming up.
5. Please, no electronics at A meets. When a swimmer is not racing they should be actively cheering on their teammates or taking a rest.
6. To whatever extent possible, A Meet swimmers and families are asked to stay until the meet concludes. Relays score big points for the team and are some of the most exciting races of the meet. We need every swimmer there cheering on the dolphins!

VOLUNTEERS

Many hands make light work! All NVSL teams rely on volunteers to keep meets running smoothly, but as a smaller team we do need most parents to volunteer during *multiple* meets a season. Here's a quick guide:

1. Sign-up early and often. Signs will take place on the [Lakevale Dolphin website](#) under the meet event on the 2026 Team Calendar.
2. Arrive on deck when requested.
3. Communicate as early as possible if you cannot fulfill your volunteer role. Stuff happens, but we need to replace you prior to the A Meet starting.
4. Volunteers are asked to limit cell phones use to *emergency needs* only while on deck. NVSL follows Sport Safe guidelines, which prohibits photos or videos being taken from behind the starting wall.
5. The NVSL required volunteer uniform is a white top and navy blue bottoms. Meet volunteers should avoid apparel linked to the Lakevale Dolphins.

SPECTATORS

Nothing beats a great cheering section. In the true spirit of NVSL we ask that spectators representing the Lakevale Dolphins follow swim meet etiquette when rooting for our swimmers. Here's a quick guide:

1. Absolute quiet at the start of each race.
2. Cheer for all swimmers from first to the wall to last to the wall.
3. Weather related delays and stops are the job of the Lifeguards on duty.

4. Please silence your cell phones and no flash photography.
5. Visit the Dolphin Deli early and often. This is a major fundraiser for our team. We ask that you also consider supporting the snack bar at away meets.
6. Have fun and be social! Let's represent Lakevale as the wonderful, supportive community we are.
7. Please help clean-up and get the pool deck ready for general swimming after each home meet.

MEET DAY SCHEDULE

Unless specifically communicated, most A meets will follow the below schedule:

Arrival - 7:45 am (home meet) or 8:00 am (away meet)

Warm-ups - 8:00 am (home meet) or 8:25 (away meet)

Meet Start - 9 am

Order of events starting with 8 & Under Boys:

- Freestyle
- Backstroke
- Breaststroke
- Butterfly
- Relays