

Lakevale Dolphins - B Meet Information

SWIMMERS

It's all about personal growth and team building on B Meet Mondays! Here are a few tips for a successful B meet:

1. 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, healthy snacks to fuel before a race and/or cash for the snack bar.
2. Typical B meet schedule:
 - a. 4:50pm (home meet) or 5:15pm (away meet) Swimmers arrive to pool
 - b. 5:00pm (home meet) or 5:25pm (away meet) Warmups
 - c. 5:30pm: Officials briefing on pool deck
 - d. 5:40pm: Timers briefing on pool deck
 - e. 5:45pm: Pool cleared
 - f. 5:50pm: First events to clerk of course
 - g. 5:50pm-5:55pm: Announcements and National Anthem
 - h. 6:00pm: Meet Start - order of events starting with 6&under boys:
 - i. Freestyle
 - ii. Backstroke
 - iii. Breaststroke
 - iv. Butterfly
 - v. IMs (if offered)
3. Be available to your coaches and the Clerk of Course when your race is coming up.
4. Please, no electronics at B meets. When a swimmer is not racing they should be actively cheering on their teammates or taking a rest.
5. Each swimmer may sign up for/swim up to 2 events at a B meet. Feel free to leave the meet when your swimmer or family is done with their races and volunteer roles.

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](#).
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 B 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. Some roles provide flexibility to watch/video from the spectator area.

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. 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, you can receive the most up to date info by subscribing to Swimtopia updates.
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. All help is appreciated to clean-up and get the pool deck ready for general swimming after each home meet.