



STOP's Parent Guide to S.C.S. Swim Meets

TWO TYPES OF MEETS There are two types of swim meets that STOP participates in, Southern California Swimming (SCS) meets and Orange County Swim Conference (OCSC) meets. We participate in SCS meets all year long whereas OCSC is a developmental league during the summer months.

All swimmers have the option of participating in both types of meets, however, swimmers who join during the summer months are encouraged to focus their participation on the OCSC League Meets.

STRUCTURE OF USA SWIMMING USA Swimming, INC. (USA-S) is the National Governing Body for amateur competitive swimming in the United States. At its headquarters office, located at the Olympic Training Center in Colorado Springs, Colorado, the USA-S staff interacts with 59 Local Swimming Committees (LSC's), to provide a variety of services to over 300,000 registered athletes, over 20,000 non-athletes, and 2,500 swim clubs. As the National Governing Body of the sport, USS is charged with the responsibility to formulate rules, conduct national championships, disseminate safety and sports medicine information, select competitors to represent this country in international competition, and insure the development of its' member clubs and age group swimmers. USA-S meets are designed to protect the swimmer, provide fair and equitable conditions of competition, and promote uniformity in the sport so that no swimmer shall obtain an unfair advantage over another. All athletes pay an annual registration fee of \$55.00. STOP is a member of USA-S.

SOUTHERN CALIFORNIA SWIMMING Southern California Swimming (SCS) is our Local Swimming Committee (LSC). It is one of 59 LSCs that is a part of USA-S. It is the organization that governs the meets that your swimmers participate in. SCS is made up of five Sections: Coastal, Eastern, Olympic, Metro, and Orange. Of the five sections, the Orange Section has the most swimmers despite having the smallest geographical area.

ORANGE SECTION STOP is one of over 35 teams which make up the Orange Section. The Orange Section is made up the teams primarily located in Orange County. Most of the competitions that our team participates in are with other teams in our section.

SWIM MEETS Swim meets are primarily held on the weekends and is divided up into four different sessions. Each session is about 4 – 5 hours long. Sessions are divided up by age group and offer different events on each day.

TIME STANDARDS Within each age-group there are different recognized levels of achievement, obtained by achieving a specific time standard. These levels and times are established by Southern California Swimming. All swimmers begin as "W" swimmers. As they improve, they advance from "**W (White)**", to "**R (Red)**", "**B (Blue)**", etc., and ultimately to the Senior Level. This permits fair, yet challenging, competition on all levels.

SWIM MEET MANAGEMENT The achievement of the time standards is by individual events, not as a swimmer. When entering meets, swimmers can only enter the events in which they qualified for based on the criteria of the meet. A swimmer may be in a different class in different strokes. For example, a swimmer may

have a 'W (White)' breaststroke time, a 'R (Red)' freestyle time, and a 'AGC' backstroke time. This swimmer, for example, could swim the breaststroke and freestyle in a 'RW (Red / White)' Meet but not in an 'B (Blue)' meet. However, could swim backstroke in the 'AGC' meet but not the freestyle or breaststroke. Listed here are the most common types of meets.

'BRW' Meets - These meets are open to all level of swimmers.

'RW' Meets - These meets may only be attended by swimmers who possess a 'R' or 'W' time in the event they wish to swim. Swimmers possessing 'A' or better times may not swim those events. (An Orange Section Meet)

'B' Meets - Swimmers must meet the minimum time standard in their events. For these meets swimmers must have an 'A' or better.

'AGC' Meet - These meets represent a minimum time standard. Swimmers must have at least a 'AGC' time to participate in the Age Group Championships.

'Senior' Meets - At this level swimmers no longer compete in age group events. All events are 'Open Men' or 'Open Women's'. Different meets will use different time standards.

National Meets - For swimmers who meet the National Time Standards set by United States Swimming.

SWIM MEETS FEES It is not required to attend swim meets. However, swimmers are encouraged to attend at least one a month. Swim meets are an additional cost to the family. Based on your participation, it will cost between \$12.50 and \$20 per meet. The fees for the meet will be added to your family invoiced and billed out by the Treasurer.

ENTERING SWIM MEETS When you are ready to sign up for a swim meet, follow the Swim Meet Sign Up Procedure on the "Swim Meets" page of the website.

ARRIVING TO THE MEET Space is very important at swim meets. At the meet, you want to look for the STOP tarps. This will be our area to sit during the duration of the meet. All swimmers should arrive 1 hour and 15 minutes before the start of the meet. For morning sessions that start at 9:00 am, swimmers should arrive on the pool deck by 7:45 am. Swimmers who participate in the afternoon session will be notified of what time to arrive by me a couple of days before the meet.

CHECKING IN The first thing that a swimmer needs to do is to "Check In." By checking in, you are telling the administrators of the meet that you have arrived and intend to swim the events that you checked in for. If your swimmer does not check in, then they will not be placed into their events and cannot swim.

WARM-UP It is extremely important that everyone arrives at the meet to warm-up together. There is a procedure to the warm-up. This procedure requires that I conduct all of the swimmers through it at the same time. If we have 30 swimmers at a meet, and they all show up at different times, I cannot run the same warm-up 30 times. Anyone who shows up late cannot simply start with everyone else.

TEAM SUIT & CAP POLICY It is important that we represent our team and that we show unity. Just as you wouldn't show up to a baseball game without the team uniform, you cannot show up to the meet without a team suit and cap. It is our uniform. All swimmers who participate in a meet must wear the team suit and cap. Team suits may be ordered anytime by contacting the STOP Shop representative. Swimmers who do not have a cap will be given one by their coach and will be billed out by the Treasurer.

SWIMMING AN EVENT

Open / Closed Events When you arrive to the meet, all events are still open for "check in". That means that swimmers are still able to check into that event, thus, have the opportunity to swim. At 8:30 am (or 30 minutes before the start of the meet), the first 4 events will be closed. When an event is closed, swimmers may not longer check for that event, thus, they cannot swim in that event. As the meet progresses, events are closed 30 minutes before they are set to be swum.

Posted Events After an event closes, the Meet Secretary ranks all the checked in swimmers in order from slowest to fastest, then assigns each swimmer a **Heat and Lane**. This information will then be posted shortly before the event. It is the swimmer's responsibility to find their name, find their Heat and Lane numbers, then report that information back to their coach.

Showing Up to Swim After talking to their coach, it is the swimmer's responsibility to line up and be prepared to swim at the appropriate time.

Swim Meet Order Swim meets run in event order 1, 2, 3, 4, etc. Although sometimes you may see different versions of the event order, they do run as scheduled in the meet form and program. As do the events, Heat 1 will swim before Heat 2 etc.

No Breaks Regardless of the estimated timeline of the meet, the meet will run in order without stopping. Swimmers who are not in line when it is time to swim will miss their event. If they miss their event, they will not be allowed to participate in their next event.

TALKING TO YOUR COACH Swimmers must talk to their coach before and after each of their events. This is an important learning process for both the swimmer and the coach. Parents should not involve themselves in this discussion. It is disruptive when parents lean in on the conversation or try to add their opinion while the coach is trying to relate to the swimmer. It is necessary for the swimmer to be focused on what the coach is saying. I suggest that parents wait until after your swimmer talks to their coach to talk to your child or their coach about their swim.

TIMING All parents of swimmers entered in the meet are required to spend some time fulfilling our team's timing assignment. See **Timing Chair Responsibilities**

RIBBONS Ribbons will be placed in the swimmer's files within a couple of days of the meet. Ribbons are not handed to everyone. Swimmers must be in the top 8 of their division within their age-group.

LEAVING Families may leave as soon as their swimmer has finished their last event. Pick up our area. Have pride in ourselves. If we leave our area a mess it forms negative impressions of our team.

TIMES Your times from the meet will be distributed to you in the days following the meet. If you need your time immediately, you will need to note your swimmers' time for your own records.