



## Entering a Swim Meet

Swimming Victoria (SV) Resources and Website are a very good source of information on everything swimming is the SV web site found at [www.vicswimming.org.au](http://www.vicswimming.org.au). On this site you will find SV event calendar and other information about upcoming swim meets, along with results from past meets. Other resources such as the SV meet entry forms may be downloaded from here.

District 15 Our club is part of SV District 15 (Central Victoria) and we make an effort to support the meets held by the other clubs in our district. The district runs championships (usually in March) and swimmers have the opportunity to represent District 15 at the Victorian Inter-district Championships which leads on to State team selection. See [www.cvs.org.au](http://www.cvs.org.au) for more information.

Competitive Swimmers can participate in any swim meet held in Victoria which will require you to complete an Online Entry via the Swimming Australia Swim Central System. It is very straight forward but do not hesitate to contact any Committee Members for advice to guide you through it, especially when entering for the first time.

The club will endeavour to email the targeted meets list to all our members prior to the beginning of the Short Course and long Course Seasons.

Some swim meets will require qualifying times (District Championships, Country Championships, Stand & National Championships). Please speak to your coach for more information in regard to qualifying times.

### Swim Meet Tips

#### Swim Meets - Step by Step

The following outline is provided as a guide for new swimmers and parents starting competitive swimming.

- **Plan ahead**- The annual swim meets calendar may be found at the SV web site. KFSC also publishes a list of upcoming meets targeted by our club (meets in our region or other specific meets that we wish to target as a club). This will be displayed on our club notice board and on the club website. Keep an eye out for



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what's coming up and make sure you give yourself plenty of time to get your entries in as the closing dates tend to sneak up quicker than you expect.

- **Enter** - The first step is to get hold of a copy of the meet flyer published by the host club. Again, these may be downloaded from the SV website (Event Calendar) or there are usually copies of upcoming meet flyers posted on the club notice board. This contains all the information you need to enter the meet. You should take particular note of the meet closing date and be sure to get your entries in early. Now, most entries are completed online and paid directly via the SV website. Occasionally, manual entry forms may be required - the meet flyer will explain further if this process is to be followed.
- **Club Target Meets** - These are the short-listed meets that we as a club plan to target for the current season where we aim to get maximum representation from our competition swimmers. Then, as well as competing as individual swimmers, we can also compete as a club against other clubs in the region. This really fosters team spirit and encourages club swimmers to strive for their best. Most of these meets are within District 15 or hosted by clubs close by. The club 'target meets' are clearly shown on the club swim meet calendar so please plan ahead and make an effort to represent your club at these meets.
- **Get Yourself Ready** - We believe a holistic approach is required to do well in sport. This involves not only getting your body ready but also getting your mind ready. Providing your body with the right fuel (food & drink), committing yourself to the right level of training and planning your race are key. Prior to racing, mental preparation can involve visualising you achieving your goal, thinking positive thoughts and remaining calm and focused before @ during the race.

### **In summary:**

- Discuss race strategy with your coach
  - Get a good night's sleep
  - Eat well
  - Be happy and relaxed
- **What to Take** - Be sure to have a checklist of all the gear you need so that you won't turn up without important items like bathers or goggles. Pack plenty of towels and plan for gear failure (spare caps, bathers and goggles) Often folding



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chairs will be required. For summer outdoor meets consider shelter such as a beach tent or umbrella and be sure to pack your sunscreen and hat. Plan your food intake through the day and try to follow that plan rather than gulp it all down after your first race! Leave with plenty of time to get there and warm up. A good warm up will go a long way towards settling down those race-day nerves.

- **Where to Sit** - We try to sit together on meet days to provide maximum noise and encouragement to our club swimmers. When you arrive, look for the KFSC banner or your teammates.
- **Check in** - Get hold of the program and check off your events to be sure they are correct as mistakes do happen, If you find a problem, see your coach or the appointed team manager. At local meets, the organisers are usually accommodating and where possible will fix problems. Be sure to take note of the events numbers / heat / lane for your swims on the day and take that information with you to the marshals for each of your swims, a highlighter or a pen comes in handy.
- **Warm Up** - All meets will have time designated prior to the official starting time for warm up and you are strongly encouraged to take advantage of this time to swim a few laps. This helps your body stretch out and get ready to race as well as giving you a 'feel' for the pool and helping to settle nerves. Check the meet flyer for the warm up time.
- **Marshal** - At swim meets there are usually two race boards set up. One will show the current event/heat (usually near the starter) and the other will show the event that is being marshalled (usually near the marshal's tent). Be sure to keep an eye on the marshal's board and know which events you are swimming so that you report to the marshal on time. When you arrive at the marshal's tent, wait for your event to be called and clearly indicate your presence. Listen carefully for the marshal's instructions and be respectful to the marshal and mindful that marshalling can be a difficult job at the best of times. Excessive noise or non-attentiveness from the competitors can only add to that difficulty. If you wish to take your towel / shirt / jacket with you to marshalling, these may be left at the end of the pool. Be sure to collect your gear after your swim.



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- **Swim** - This is where all the training kicks in. If you have prepared well, you should feel confident in yourself and give it your best shot. When you have finished your swim, remain in your lane until you are asked to exit the pool by the marshal. Always exit the pool by swimming under the lane ropes to the nearest side.
- **Results** - Results are usually posted (printed and placed on the notice board) as the events progress during the meet, typically 5-30 minutes after the event has been completed. Look for a group of people with pens and paper reading results and pointing at a wall somewhere central. Results of most meets are also published on the SV web site within a few days of the meet. Some clubs will also use Meet Mobile to publish results, however this is not always the case.
- **SV Approved Meets** - Most meets will be operated under the rules of SV meaning they will be designated as 'approved meets. This means that times swum at those meets may be used to qualify for higher level representation.
- **Timekeeping** - In order to qualify as an approved meet, host clubs require three timekeepers per lane. Often our club will be rostered to perform timekeeping on the day so please step forward and help out in this area if you can. If you haven't done any timekeeping before, there will be plenty of people willing to show you how. Volunteering to be a timekeeper at our club meets is also a great way to learn this role and to get involved.
- **Disqualifications** - will be announced at the meet advising the Event Number, heat number and lane number of the "DQ" swimmer. Please talk to your coach if you are unsure as to why the swimmer has been 'DQ\*.
- Stroke to watch out for to avoid disqualification:
  - **Butterfly** - Bring both arms forward together over the water. All up & down movements of the legs must be simultaneous. At turns & the finish the touch must be made with both hands simultaneously.
  - **Breaststroke** - All movements of the legs must be simultaneous & on the same horizontal plan. At turns & the finish the touch must be made with both hands simultaneously.



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- **Backstroke**- Remain on your back for the whole race, including when you are touching the wall. You must not be completely submerged when touching the wall.
- **Freestyle** - Do whatever stroke you like! It's a free style!
- **Individual Medley** - Correct sequence - Fly, Back, Breast, Free.
- **IM Relays** - Correct sequence - Back, Breast, Fly, Free. Relays Don't leave the block before your teammate touches the wall.
- **Starts** - Don't move on the blocks or go before the starting signal.