

WELCOME TO YOUR FIRST SCSC CUP MEET!



BEFORE THE MEET

- Review the pre-meet email from Janet Cho
 - Review your swimmers' cup team warmup time. You should plan to arrive no later than 30 minutes prior to this time
- Download the MeetMobile App
 - There is a monthly and annual subscription option. Note: This is a optional but beneficial app, you are not required to have it
 - Most meets (including SCSC meets) post results within minutes of your swimmers' race.
 - After downloading the app and subscribing, you can search for meet names or click 'Near me'. To find this meet, type 'SCSC' into the search bar.
 - You can search by event, by swimmer, or by team. At most meets, our team is listed as 'SCSC-MW'. For the cup meet, swimmers are organized by their cup team.
 - Once results have been reviewed and posted, you will be able to see your swimmers' race time and splits. Please note: MeetMobile may change throughout a session. There may be times where it shows your swimmer has completed a race, but later reflects a 'DQ' or disqualification. MeetMobile is typically up-to-date, however there are many instances where the MeetMobile result is different than official results.
- If this is your swimmers' first race, review which strokes and distances they are swimming.
- If your swimmer becomes sick and cannot attend, notify Janet Cho ASAP

WHAT TO BRING

This is not an all-inclusive list; as you progress in your swimming career you may build upon this list, but for this meet it's a good start!

- **Swimsuit - At least 2, a backup is a must**
Swimmers must wear an all black swimsuit or the team suit from our apparel vendor
- **Goggles - At least 2, a backup is a must**
- **Swim Caps - Your swimmer will receive a Cup team cap before or at the meet**
At other swim meets, we require that swimmers wear a black SCSC cap
- **Towels - 2 or 3 Recommended**
- **Sweatshirt, Sweatpants, Parka**
- **Water Bottle + Light Snacks**
Concessions will be available for purchase

- **Cash/Credit Card**
For admission, concessions, etc
Volunteers do not pay admission
SCSC accepts cash and card
- **Bleacher seat back (optional)**
- **Sharpie and Highlighter**
- **Reading Glasses (for the heat sheet)**
- **Folding/Camping Chair (optional)**
For those who do not want to sit in the pool the whole meet - you can setup in the hallway
- **Phone, Charger, Battery Pack**

At all swim meets (home or away) swimmers are required to wear SCSC team apparel. For the SCSC Cup, we encourage swimmers AND parents to wear their teams' colors!

ONCE YOU ARRIVE AT THE MEET – AT LEAST 30 MINUTES BEFORE WARMUP

- Find the admissions and volunteer check-in table. If you are not volunteering, the SCSC Cup meet has a admission charge - SCSC accepts both cash and card. Whether you are volunteering or watching, you will receive a heat sheet with the cost of admission.
 - A commemorative meet program and spirit items will be available for purchase during this time as well
- After you check-in to volunteer or receive your admission wristband, proceed into the pool and let your swimmer know it's time to find their teams' seating area and their teams' coach. Your swimmer should check-in with their coach. **Reminder: If you are not volunteering, parents/spectators are not allowed on the pool deck or in the swimmer seating area.**
- After your swimmer has dropped off their bag and checked-in with their coach, they should come find you to have their arm marked. While your swimmer finds their coach, you should begin finding them in the meet program.

UNDERSTANDING THE HEAT SHEET/PROGRAM

- Heat sheets are listed by event. Look for the event number which is followed by the event gender/age/distance/stroke (ex. Event 1 Girls 8 & Under 25yd Freestyle)
 - At some meets, some events do not have swimmers in every event so the program will show some event numbers being skipped. Make sure your swimmer is aware of this.
- Find your swimmers' events. If you do not know what they are swimming you can look under the meet in the OnDeck app.
- Once you locate your child, look at the heat number. That is the amount of races (heats) in that event. Some meets will seed' (place) swimmers from fastest to slowest, or slowest to fastest.
- The numbers below the heat represent the lanes.
- The team column is the swimmers' team. The cup team abbreviations are as follows:
BEAVE - Angry Beavers | CHRGB - Charging Bulls | FSM - Fighting Sea Monkeys
MONSW - Monarch Swimming | KRAKE - Team Kraken | PINK - Pink Panthers
- A seed time is the time your swimmer was entered with, a 'NT' means no time = they don't have a time in the event yet.
- You should now have their event, heat and lane.
- PRO TIP: HIGHLIGHT YOUR SWIMMERS' NAME SO YOU DON'T MISS THEIR RACE AND CAN FIND THEIR INFORMATION QUICKLY**

Event 23 Girls 9-10 50 Yard Backstroke

Lane	Name	Age	Team	Seed Time	
Heat 1 of 2 Finals					
1	Lee, Iris	10	FSM	50.30	___
2	Kerschner, Olivia	10	BEAVE	44.54	___
3	Santos, Annika	10	BEAVE	40.26	___
4	Hoeschen, Taylor	9	CHRGB	40.86	___
5	Madson, Olivia	9	PINK	47.21	___
6	Ostlund, Nora	10	FSM	51.08	___
Heat 2 of 2 Finals					
1					___
2	Kistler, Sienna	9	PINK	NT	___
3	Cieslik, Meredith	10	MONSW	58.19	___
4	Rothermund, Audrey	10	KRAKE	1:00.60	___
5	Zavaleta, Emma	9	CHRGB	NT	___
6					___

TIME TO 'MARK YOUR SWIMMER'

- This is only a suggestion – feel free to do it the way the best fits' your swimmer
- The recommended & most popular way:
 - Using a sharpie, make a chart on your swimmers' arm.
 - At the top, write 'E', 'H', 'L', 'S'.
 - Underneath those, you will write your swimmers' first event number under the 'E' column. Next write the heat number the 'H' column, followed by the lane in the 'L' column, and lastly under the 'S' (stroke) column, write the event distance (25/50/100/200) and stroke.

- It should look like this:

E	H	L	S
3	1	5	25 Free
9	2	2	100 Back
32	1	3	50 Breast



- It is ultimately the swimmers' responsibility to get to their event on time. The SCSC coaches will make their best effort to locate your child but it is not always possible. If your swimmer misses their event, they need to talk to their coach immediately. Sometimes it is possible for them to swim in a following heat, but it is not always possible as it is up to the meet referee.

WARMUPS

- Please arrive at least 30 minutes prior to warmups starting. It is critical that swimmers do not miss warmups.
- After you mark your swimmer, have your swimmer go back to their team area to wait for their warmup time. The latest/correct warmup time is sent prior to the meet in a pre-meet information email from Janet Cho.
- Swimmers should find their coach at least ten minutes prior to warmup, and get ready to warmup with the team.
- During this time, swimmers will complete a meet warmup to get ready for the meet.
- After the last warmup session, there will be at least 10 minutes before the meet starts; during this time, swimmers should:
 - (A) get ready for their race if they are in one of the first events, or
 - (B) dry off, stay warm and get ready for their later races. This includes hydrating and a light snack if needed.

TEAM WALKOUTS & INTROS

- Immediately following the second warmup, swimmers and their teams will proceed to the hallway underneath the scoreboard. It is imperative that all swimmers are in the hallway no later than 2:26pm.
- Once teams are ready, we will start introducing teams. Swimmers and their coaches will walkout to their teams' song, and the announcer will be reading each swimmers' name as they parade to their teams' spot.
- Have your cameras ready - this is a unforgettable experience!
- After all teams are lined up, we will play the National Anthem.
- Following the National Anthem, swimmers in events 1-3 should begin reporting their block for their race. Swimmers in the first race should be prompt in reporting to the blocks, but we will have a short break until the first heat is ready.
- *Please make sure your swimmer knows that other meets do not do team intros like this; and that this is the only meet like this*

RACE TIME – PART I

- Once the meet has started, you will know which event and heat we are on by looking on the scoreboard.
- Swimmers need to talk to their coach prior to their race. This is not a suggestion, it is a requirement.
 - Swimmers should do this at a minimum of (10) minutes prior to their race. This also ensures that they are on the pool deck and reduces the chances of missing their race.
- After talking to their coach, swimmers will report to their lane behind the blocks and wait for their event/heat.
 - Some timers will 'check-in' swimmers to their lane, meaning, they make sure the swimmer is in the correct lane and knows when to swim. Not all meets/timers do this. Again, it is the swimmers' responsibility to be in the correct lane/heat.
 - At SCSC home meets, we will typically have 'bullpen shepherds' who help your swimmer get to the blocks on time and in the right place, again, not all meets will have this.

RACE TIME – PART II

- After getting behind the blocks:
 - The meet referee will blow their whistle in multiple short blasts, this means swimmers should be ready for their race behind the blocks. This includes having goggles on, cap on, and suit tied
- Shortly after, there will be a long whistle, this is when swimmers step up on the blocks
 - If your swimmer is not diving from the blocks – they can dive from the side
- The starter will say 'take your marks' – swimmers should assume the starting position. Any forward movement (like rocking) from this point to the 'beep' can result in a "DQ" (disqualification).
- Sometimes starters may say 'stand up' or 'stand please' meaning they will have all swimmers restart the 'take your marks' process.
- Next comes the 'beep' (horn) and strobe light, this is when swimmers dive in.

RACE TIME – PART III

- After diving in, swimmers will complete the event distance and stroke.
- Timers, touchpads and backup buttons, also known as 'pickles' or 'plungers', record your swimmers' time.
- Disqualifications – DQ's
 - Your swimmer may be 'DQ'd' at some point. This happens to every swimmer and is nothing to be upset about. Your swimmer is learning, even Olympians still get disqualified.
- If this happens, your swimmers' coach may notify your swimmer, or you will see it listed in meet mobile.
 - Processing a DQ can take a little bit of time – sometimes their time will show before the DQ is entered in meet mobile
 - Again, this is nothing to be upset about
 - Make it a learning experience, and take your swimmer to Dairy Queen :) (DQ=DQ).
 - Your swimmers' coaches will work with them on practice to fix this issue.
 - It may take time to fix the problem, and there may be multiple DQ's in the same stroke.
- • Keep encouraging your swimmer, and push them to keep swimming that stroke.
- o Disqualifications – Why & How
- ? There are many 'technical rules' of swimming. Certified meet officials know these rules

DQ'S - WHY & HOW

- There are many 'technical rules' of swimming. Certified meet officials know these rules through a training clinic, test, apprenticing with an experienced official and continuing education.
- Common ways swimmers may be disqualified
 - Freestyle: Not touching the wall on the turn (50's & above), grabbing the lane rope and pushing off, pushing off the bottom of the pool and making forward progress.
 - Backstroke: Not touching the wall at the finish/turn on their back, flipping on to their front.
 - Breaststroke: Alternating kick, not touching with two hands.
 - Butterfly: Alternating kick, not touching with two hands, non-simultaneous arms

RACE FINISH & AFTER THE RACE

- Once your swimmer touches the wall, most meets will have them stay in the water until the next heat starts. These are called 'fly over starts'.
 - Good sportsmanship at swim meets includes staying in the water until ALL swimmers have finished.
- During backstroke, swimmers will get out of the pool immediately after the LAST swimmer in their heat touches the wall
- **Swimmers must go talk to their coach immediately after the race. Again, this is a requirement, not a suggestion.** Even our oldest swimmers do this, help your swimmer get in this habit before/after races.
- Once your swimmer returns to the crash area/seating area/comes to see you – be positive!
 - Not all races are going to be their best race, but it is important to support them.
- Your swimmer should dry off, rehydrate and get ready for their next event.
- For the SCSC Cup meet, swimmers and parents are encouraged to stay through awards. At other meets, unless otherwise noted, swimmers are free to leave the meet after their last race. Swimmers MUST notify the coaches that they are leaving, regardless of the reason.

Good luck and enjoy your first SCSC Cup swim meet! Should you have any questions, please don't hesitate to ask other parents, volunteers, and the SCSC staff!