



SWIM MEET 101

Entering a Meet (Approx. 3–6 Weeks Before Start of Meet)

- **Swimmer Invite** – If your swimmer is invited, the meet will appear on their Commit Dashboard.
- **Register** – Follow the [SWIM Meet Entry Process](#) to commit or decline. **Most meet registrations are due 3–4 weeks before the meet.**
- **Meet Entries Accepted** – Final entries are submitted by LESD and accepted or declined by the host

Time between Meet Entries Acceptance and Meet

- **Meet Committee** – If it's an LESD-hosted meet and you serve on the committee, you'll begin working on logistics.
- **Volunteer Sign-Up** – For LESD-hosted meets (or those requiring our team to supply volunteers), job sign-ups will be posted. Families should sign up prior to the closing date.
- **Finalize Meet Information** – The week of the meet, the host provides final warm-up times and details. These will be shared with families as soon as they are received.

Changes or Conflicts

If your swimmer has a change in plans, a conflict, or is ill:

- **Before 24 hours of the meet** – Please notify staff by sending a message through the **Meet Entry** in Commit.
- **Within 24 hours of the meet** – Please send a **text message** to [insert staff contact/number] so we can adjust and communicate quickly with coaches.

Please note that once entries are accepted changes are rarely made

The Meet

The Night Before / Morning Of

- **Mark Down Events** – Use [THIS VIDEO] to help swimmers write event numbers and descriptions (distance & stroke) on their arm, hand, or a card.

- **Eat Healthy Meals** – Use [THIS TOOL] for meal prep ideas before and during the meet.

What to Pack

- **Goggles & Caps** – Bring at least two of each.
 - **Suits** – Wear one and bring a backup.
 - **Towels** – At least two.
 - **Clothing** – Team shirt, sweatshirt, pants/shorts; expect things to get wet.
 - **Water & Snacks** – Stay hydrated; bring healthy snacks.
 - **Sharpies** – To write down events, heats, and lanes.
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Swimmer Expectations

Arrival

- **Arrive Early** – Be on deck ready for *dryland warm-up* 15 minutes before your assigned warm-up time. Arrive in suit with cap and goggles.
- **Circle/Sign In** – For deck-seeded meets, swimmers must circle their name on posted sheets. Without circling in, they will not be assigned a heat or lane.
- **Find the Team** – Sit with LESD teammates; team areas may be off-deck (in gyms or other spaces).
- **Warm Up** – Listen for and follow coach instructions.

 **Parents are not permitted on the pool deck unless volunteering with proper credentials. Locker rooms are for athletes only.**

During the Meet

- **Find Heat/Lane Assignments**
 - **Deck-seeded** – Heat sheets will be posted on deck and shared with coaches ~15 minutes before the session starts.
 - **Pre-seeded** – Heat sheets are shared in advance.

- **Be Aware** – Swimmers must pay attention for their events and report behind the blocks. Coaches and volunteers will assist younger swimmers.
- **If an Event Is Missed** – Check with a coach. Referees occasionally allow placement in another heat, but usually not.
- **Swim!** – Have fun and give your best effort.
- **See a Coach** – Before and after each swim
- **Relays** – Coaches will assign relays. Always confirm with a coach before leaving to ensure you are not on a relay.

Finals (if applicable)

- Some meets have prelim/finals sessions. **Swimmers are expected to race finals.** Finals are a privilege and an additional racing opportunity.
 - **If you have known conflicts, notify a coach before the meet.**
 - **Check results promptly. If qualified but unable to swim, immediately speak with a coach and scratch within 30 minutes of results being posted.**
 - **Missing finals without scratching may result in removal from the rest of the meet and/or fines.**
 - **Alternates may move into finals—always check before leaving.**
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Before Leaving Meet

- **Clean Up** – Gather all belongings and clear your area. If you see trash, please help pick it up.
 - **Say Goodbye to a coach**
 - **Pick Up Awards** – Some hosts send awards with teams, but if awards are *swimmer pick-up*, it is each swimmer's responsibility to collect them. Coaches and hosts will not mail or deliver them later.
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Parent Role

- **Help Pack** – Guide, but let swimmers take ownership of their bag.
- **Get Them There** – Arrive early enough to circle in and settle before dryland warm-up begins.
- **Encourage Independence** – Let swimmers circle in, find coaches, and check heat/lane assignments.
- **Volunteer** – Sign up and help whenever posted.

- **Cheer & Support** – Stay positive for your swimmer and teammates.

Deck & Photography Rules

- Only swimmers, coaches, officials, and credentialed volunteers are allowed on deck (Safe Sport rule).
 - Please observe all posted signs

 - No cameras or video devices are permitted behind the starting blocks. Move to the side of the pool to take photos or videos.
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Questions?

Please contact your LESD coach or LESD staff with any questions.

 **Do not contact the host meet director or entry chair directly. Each club designates representatives for communication.**