

Parent Packet



Meet Day Made Simple

A Parent Reference

Your swimmer wants to go to a swim meet. Now what.

Before you do anything, check our website and see what team events might be coming up! To view those options, start by logging into your Commit account. Navigate to the “Meet Signups” tab on the left side menu. Here, you can find all of the upcoming team events. Team events will also be on the Calendar.

We're you hoping for a different meet? That's okay! You can navigate to Wyoming Swimming's website and see what other meets are going on in the state. Want to travel out of state? Fun! You can view *most* meets by Googling *whatever state* USA Swimming LSC. Team events are the only meets our coaches will staff, but that does not prohibit your swimmer from swimming anywhere else. Please let Coach Tori know if you'd like to swim in a meet not on the team event schedule.

After you've selected the meet you'd like to attend, it would be in your best interest to check the sanction. The sanction is the rule book for how the meet is going to be held. Generally the sanction can be found as a pdf with the posting of the meet. Per state, the sanction looks a little bit different, but the information is mostly the same. Using a Wyoming Sanction, the bolded sections are what are most important to you, we break those out as follows:

- **At the very top in bold is the name of the meet, location, date, and sanction number.**
- Your contacts for the meet should **only** be utilized in the absence of a coach, or in an emergency. The meet director is generally who is responsible for setting up the meet. The meet referee is who's going to be in charge of the officials. The admin official, or AO is an official who runs the meet from the booth.
- **Sessions are how they classify the meet. A prelim finals meet would be two sessions, a two day meet would be two sessions, but a two day prelims finals meet would be 4 sessions. Here they'll name the sessions so you'll see prelims finals if it's that kind of meet. There is also a column for warm up. The time notated in that column is what time the first warm up session starts. The start column is where they will notate what time the meet starts.**
- The facility row tells you how long the pool is, how many lanes there are, what kind of timing system is being used, and the specifications of the pool.
- The format row tells you whether or not the meet will be a prelim finals meet, or a timed finals meet. It also tells you how the age groups will be split up. It will tell you events need counters and whether or not they will be provided.
 - Prelims/Finals Meet: Swimmers will swim the event during one session to make it into the finals session and swim a second time.



- Timed Finals Meet: All times swam are final times.
- The course row tells you whether the pool is LCM, SCY, or SCM
 - LCM: Long Course Meets (ex. Buffalo Outdoor Pool)
 - SCY: Short Course Yards (ex. KW & NC's Pool)
 - SCM: Short Course Meters (ex. Sheridan's Pool)
- The eligibility row tells you who can compete in the meet and what the parameters are. Usually, this just means that you have to have a USA Swimming membership in good standing, it will tell you how the meet director is determining age, so if the meet starts on May 1, your swimmer is 10, but their birthday is May 2, they will compete in the 9-10 age group during that meet. It will also tell you whether or not you can register at the meet or not. (usually no)
- The disability swimmers row says what steps need to be taken to notify the meet staff so accommodations can be made if needed.
- The cut protocol row will tell you what, if any, events will be cut should meet surpass the 4 hour rule and how those events will be decided.
 - 4 hour rule: Sessions cannot exceed 4 hours. If they do, events will be cut, and/or the number of swimmers accepted into the meet will be capped off to make sure swims fit into a 4 hour timeline. (ex. Lander Spook Splash)
- **The entries row is very important.**
 - **This row tells us when the deadline to submit entries is. Casper Swim Club generally sets their deadline a day or two in advance so that when entries are submitted, any changes or issues that arise can still be corrected within the deadline.**
 - This is also where the club has to send the money. By signing up in Commit, we will pull that money from your account. There is no need to initiate the transaction from the parent side.
 - **It tells us how many events a swimmer can sign up for. (This is important if your swimmer is trying to bring home a trophy or medal)**
- The relays section tells us whether or not the meet will be running relays and how the relays need to be composed. It is the responsibility of the coaches to create relays, however, if your swimmer would like to participate, please let one of them know so they can try to build one within the meet parameters.
- The time trials row lets you know whether or not they will be offered. This allows swimmers the opportunity to swim something again if they were trying to qualify for a larger meet for example.
- **The fees row is where Casper Swim Club generates the meet cost numbers. The individual fee is how much each race costs. Occasionally, you will pay a flat rate fee if the meet is in a pentathlon format for example. This also dictates the relay charge, and the time trial charge. The swimmer participation fee goes straight back to Wyoming Swimming as an LSC.**
 - Pentathlon: All 5 races. Depending on the meet and age of your swimmer will depend on the distance. In a pentathlon there will be a fly, back, breast, free and IM event offered. Usually, if your swimmer would like to score at a pentathlon,



they have to be signed up for all 5 events to be eligible for points. Check the scoring row for more info.

- IM: Individual Medley: Butterfly, Backstroke, Breaststroke, Free in that order.
- The admission and programs row tells you how they will be distributing programs and if there is an admissions fee.
 - Swimming Programs are called “Heat Sheets”: Heat sheets list out all of the events for the day by event, heat, and lane.
 - Heat sheets frequently are on Meet Mobile: Meet Mobile is an app that often houses a heat sheet but also allows the host club to post real time results. (It is subscription based)
- The Warm Up row tells coaches how they will be run. A second sheet is sent out with the meet information at least 1 day prior to the first day of the meet. This sheet has what times and lanes each club is warming up and timing in.
- **The awards row lets us know whether or not there will be any, and what the parameters are for receiving them. High Point awards are usually given by age group and gender to the top however many swimmers per meet. To receive a high point award, you have to place in the top ___ swimmers with your cumulative score. Age group awards are usually given by age group and gender per event. This row also tells you which age groups are being scored.**
- The scoring row tells you how many points are received for each place.
- The legal splits row tells you whether or not you can pull a split from another event at the meet.
 - Legal Split: If you are swimming the 200 free, but you want to try for a faster time in the 100 free, you could attempt a legal split in the 200 where available. In this case, you would need 3 additional stopwatch timers, and you would need to touch the wall at the 100 instead of flip turning.
- The swimwear row tells you what swimwear is accepted for the meet.
- The rules, safety, and SafeSport rows gives the basic rules and regulations for the meet. Please pay attention to those.
- **The facility rules row will tell you if there is a specific place they want you to park (or not to park). It will also tell you what door you need to come in if applicable.**
- The changes to the meet, weather/facility protocol, and meet jury rows are general information for the meet and “just in case”.
- The deck access row states who is allowed on the deck.
- The officials row sets the parameters for how many officials are required for each team. It comes straight from Wyoming Swimming policies.
- The general and waivers row are exactly what they sound like.
- **Following all the rows and boxes on the sanction is the order of events. Very rarely will this list change between the sanction and the meet itself. Again, the sanction is the “rules” of the meet. It’s hard to change. Because of that, the events, and their order are pretty set in stone.**



After you've reviewed the sanction and you've decided you want to sign up, you will either sign up on Commit in the Meet Signups tab, or you will email Coach Tori what meet you'd like to attend.

Now that you're signed up, you're going to make your travel accommodations and make sure your swimmer attends at least one practice the week of the meet as the Policies and Procedures manual requires. As much as we'd like to book a hotel block for every meet, it's just not possible because we don't know who's going to be going. Stay wherever you'd like!

The week of the meet, the coach or meet director will send out the warm up times and post the timing sign ups. Make sure you sign up for your timing slots prior to the first day of the meet.

A lot of things can happen the day of the meet. Make sure you've read all our emails completely before heading to the pool. Please arrive for warm ups 15 minutes prior to our start time, which will be the time prescribed in the meet information email. Once you get to the pool, have your swimmer change and check in with the coach so we know they're there. We would LOVE if all our swimmers came and sat with us, but we will not penalize them if they don't. We will all go to our warm up lanes together.

Once warm up is over, the swimmers are free to do what they need to do. If they are sitting with the coaches, the coaches will help remind them to go to their lanes for races. However, it is not the responsibility of the coach to chase a kid down to get them behind the block. Our younger swimmers will need parent reminders.

Between warm up and the start of the meet is a great time to make sure your swimmers know what events they are swimming. To find that information, you need a heat sheet. There are a lot of swimmers that use a Sharpie to build themselves an event chart which looks something like the following:

E	H	L	
num	num	num	50 free

A heat sheet looks like the following:



Event 101 Girls 8 & Under 100 LC Meter Freestyle

025WYSI LCM: 1:17.05 7/18/2014 BRIANNA CLANCY at 2014 WY

Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals			
3			
4 Tortorich, Cora	8	CCA-WY	2:00.22
5 Dayley, Harper N	8	CASC-WY	1:47.83
6 Coleman, Ivy	8	UN-07-WY	1:45.32
7 Demo, Leighton	8	CCA-WY	1:47.17
8 Grant, Sylvie	8	CCA-WY	1:56.39
9 Snyder, Mckennah	8	CCA-WY	1:45.03Y

Event 102 Boys 8 & Under 100 LC Meter Freestyle

025WYSI LCM: 1:20.36 12/31/1988 ERIC PRUTER

Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals			
3 Daluge, Remy M	8	JHSR-WY	2:52.45LB
4 Taylor, Luke F	6	LSC-WY	2:08.37
5 Grimes, Finnegan M	8	LSC-WY	1:59.19
6 Tyrrell, James	8	CCA-WY	1:40.48
7 Johansson, Ivan M	7	RST-WY	1:46.64
8 Pratt, Austin L	8	GST-WY	2:07.43
9 Aguirres, Archie	8	LSC-WY	1:52.03Y

Event 103 Girls 9-10 100 LC Meter Freestyle

025WYSI LCM: 1:08.71 8/3/2004 SHAYA SCHAEDLER at 2004 We

Lane Name	Age	Team	Seed Time
Heat 1 of 3 Prelims			
3			
4 Hahn, Chance L	10	SST-WY	1:47.68LB
5 Sharp, Gigi T	9	CCW-WY	1:41.35
6 Olson, Emery R	10	NSST-WY	1:29.43
7 Roesler, Jonna R	10	LSC-WY	1:32.45
8 Baily, Bryleigh R	10	CKAT-WY	1:26.73Y
9			
Heat 2 of 3 Prelims			
3			
4 Kearns, Nora C	10	LAN-WY	1:30.64Y
5 Caputo-Wilkowski, Ved	9	LSC-WY	1:41.06
6 Cronk, Imowynn N	10	LSC-WY	1:24.93
7 Grimes, Josephine B	10	LSC-WY	1:30.48
8 Haling, Marguerite R	9	JHSR-WY	1:43.41
9			
Heat 3 of 3 Prelims			
3			
4 Becker, Elise R	9	LAN-WY	1:29.33Y
5 Mclver Livingston, Bryn	10	SST-WY	1:38.68
6 Coleman, Cali	10	UN-07-WY	1:23.98
7 Schrock, Ellery C	10	GST-WY	1:30.43
8 Atkinson, Nora J	9	SST-WY	1:42.53
9			

Event 104 Boys 9-10 100 LC Meter Freestyle

025WYSI LCM: 1:04.75 8/5/2015 JONNY KULOW at 2015 Wester

Lane Name	Age	Team	Seed Time
Heat 1 of 1 Prelims			
3			
4 Kiley, Lucas C	10	RST-WY	1:19.62Y
5 Johnson, Drew M	10	CCW-WY	1:34.61
6 Hebbring, Cj A	10	NSST-WY	1:30.16
7 Newman, Brexton S	9	SST-WY	1:34.32
8 Demo, Gentry L	10	CCA-WY	1:40.54
9 Cassidy, Crew J	10	GST-WY	1:47.25LB

Event 105 Girls 11-12 100 LC Meter Freestyle

025WYSI LCM: 1:03.06 8/9/2017 BERKLEY CHRISTENSEN at 201

Lane Name	Age	Team	Seed Time
Heat 1 of 4 Prelims			
3			
4			
5 Razo, Olivia R	11	CCA-WY	1:40.67LB
6 Brady, Mad K	11	GST-WY	1:31.19LB
7 Rose, Mary	11	PSC-WY	1:38.55LB
8			
9			
Heat 2 of 4 Prelims			
3			
4 Boysen, Hannah I	12	CKAT-WY	1:01.80Y
5 Kauppila, Carly R	12	RST-WY	1:20.42
6 Becker, Kira A	12	LAN-WY	1:14.60
7 Dayley, Cambree D	11	CASC-WY	1:16.82
8 Athey, Huntley N	12	LSC-WY	1:23.10
9 Hicks, Frannie W	12	BSC-WY	1:30.09LB
Heat 3 of 4 Prelims			
3			
4 Havens, Rowyn M	11	LAN-WY	1:25.06
5 Erickson, Emma J	12	GST-WY	1:19.13
6 Byram, Shaye M	12	BSC-WY	1:13.85
7 Stanley, Kira E	12	JHSR-WY	1:16.30
8 Diller, Emme J	12	CASC-WY	1:20.64
9 Peden, Sara R	12	RSC-WY	1:07.68Y
Heat 4 of 4 Prelims			
3 Schmidt, Rachel E	12	CASC-WY	1:31.11LB
4 Tortorich, Ellie P	12	CCA-WY	1:24.16
5 Tarleton, Thora Z	12	RST-WY	1:17.56
6 Anderson, Dylann M	12	CCA-WY	1:09.64
7 Gough, Adelaide G	12	CCA-WY	1:15.94
8 Kegler, Karley R	11	CASC-WY	1:20.59
9 Butcher, Bella M	11	CKAT-WY	1:06.91Y

The event number is at the top and goes in the E column. The heat goes under the H, L is lane, and then the empty space is where you can write the distance and stroke for your child.

Ex. If your child is Cambree Dayley at this meet, her chart would look like:

E	H	L	
105	2	7	100 Free



Please have swimmers check in with a coach before and after their races so we can talk about what happened, good bad or otherwise. Please remember to be supportive of your swimmers, and allow the coaches to coach.

If your swimmer misses a race, have them locate a coach immediately. There's a chance we can get them a lane somewhere else, but we can't do that if we're looking for your swimmer in a sea of other swimmers. Please also remember, parents are not able to access the deck unless they are serving in an official capacity at the time they are trying to enter the deck. Your swimmers need to help you facilitate with the coaches if you have questions or concerns. The coaches are happy to help in any way they can, but they cannot coach effectively from the spectator stands.

What if my swimmer DQ's (disqualified)? That's okay. And it means nothing more than we have something to work on. Below you will find a break down of a DQ slip, or the piece of paper coaches receive from officials:



DISQUALIFICATION REPORT

from the heat sheet

alternating=flutter

must touch w/ 2 hands

arm has to be up or it's a front kick

one freestyle stroke

breaststroke is a mirror stroke

false start=left too soon

EVENT # _____ HEAT _____ LANE _____
SWIMMER _____ TEAM _____

BUTTERFLY START _____ SWIM _____ TURN _____ FINISH _____

KICK: ALTERNATING (1A) _____ BREAST (1B) _____ SCISSORS (1C) _____

ARMS: NON-SIMULTANEOUS (1E) _____ UNDERWATER RECOVERY (1F) _____

TOUCH: ONE HAND (1J) _____ NOT SEPARATED (1K) _____
NON-SIMULTANEOUS (1L) _____ NO TOUCH (1M) _____

NOT TOWARD THE BREAST OFF WALL (1N) _____

HEAD DID NOT BREAK SURFACE BY 15m (1P) _____ RE-SUBMERGED (1R) _____

OTHER (1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____

NO TOUCH AT TURN (2A) # _____

PAST VERTICAL AT TURN:

DELAY INITIATING ARM PULL (2B) _____ DELAY INITIATING TURN (2C) _____

MULTIPLE STROKES (2D) _____

TOES OVER LIP OF GUTTER AFTER THE START (2E) _____

HEAD DID NOT BREAK SURFACE BY 15m (2F) _____ RE-SUBMERGED (2G) _____

NOT ON BACK OFF WALL (2H) _____

SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) _____

OTHER (2T): _____

BREASTSTROKE START _____ SWIM _____ TURN _____ FINISH _____

KICK: ALTERNATING (3A) _____ BUTTERFLY (3B) _____ SCISSORS (3C) _____

ARMS: PAST HIPLINE (3D) _____ NON-SIMULTANEOUS (3E) _____

TWO STROKES UNDER (3F) _____ NOT IN SAME HORIZONTAL PLANE (3G) _____

ELBOWS RECOVERED OVER WATER (3H) _____

TOUCH: ONE HAND (3J) _____ NOT SEPARATED (3K) _____

NON-SIMULTANEOUS (3L) _____ NO TOUCH (3M) _____

NOT TOWARD THE BREAST OFF WALL (3N) _____

CYCLE: KICK BEFORE PULL (3P) _____ HEAD NOT UP (3R) _____

DOUBLE PULLS/KICKS (3S) _____

OTHER (3T): _____

FREESTYLE

NO TOUCH AT TURN (4A) # _____

HEAD DID NOT BREAK SURFACE BY 15m (4b) _____ RE-SUBMERGED (4c) _____

INDIVIDUAL MEDLEY

STROKE INFRACTION(S) (5A) # 3R

OUT OF SEQUENCE (5B) _____

RELAYS

STROKE INFRACTION: (6A-D) # _____ SWIMMER # _____

EARLY TAKE OFF SWIMMER (6F-H) # _____

CHANGED ORDER (6L): SWIMMER _____ STROKE _____

OTHER (6T): _____

MISCELLANEOUS

FALSE START (7A) _____ DECLARED FALSE START (7B) _____

DID NOT FINISH (7C) _____ DELAY OF MEET (7D) _____

OTHER (7T): _____

JUDGE: _____

(print name clearly)

REFEREE: _____

(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (5/14)

where the DQ occurred

elbows must come out

toes must be below the water

this line will be filled by the number next to the infraction

you chose not to swim

you took forever on the block

DESK/REFEREE



As you can see, each stroke has its own set of rules, all of which can be found in the most current Rules and Regulations book on USA Swimming's website. However, unless you're an official, there is a lot of complicated verbiage that wouldn't make sense to someone unfamiliar.

A very *general* breakdown of common DQ's are as follows:

Butterfly: Alternating kick - butterfly kick is hard, so swimmers, especially younger swimmers, will compensate for that by switching to a kick that is more comfortable, and powerful. A legal kick in butterfly is a dolphin kick. Both feet must move at the same time, and together.

Non-Simultaneous and/or Underwater Recovery - butterfly is hard. Often swimmers don't have the endurance and/or the strength to throw their arms forward which results in a non-simultaneous throw, or a throw where the arm doesn't come all the way out of the water.

Touch - Butterfly is an "open turn" stroke, meaning swimmers must touch the wall with two hands for the stroke to be legal. The reason can be found in the arms section of the stroke. If a swimmer touches the wall with one hand, the other hand had to have been dropped at some point, resulting in a non-simultaneous stroke.

Backstroke: Delay Initiating Turn - This is one rule that differs from high school swimming.

Swimmers can scull their hand up front into the turn if they are too far to make contact, but the hand has to be moving or it will result in a DQ. You also can't pull the arm down into the flip turn too soon or the swimmer will have the same result.

Toes Over Lip of Gutter After the Start - Toes have to be at the water height or under at the start of the race. The walls are slippery in practice so often swimmers will put their toes over the edge so they don't slip, but that cannot happen in a race.

Not on Back Off Wall/ Shoulders Past Vertical Toward the Breast - Swimmers must remain on their back for the **entire** race with the exception of the turn. Younger swimmers will often forget and turn over to look for the wall resulting in this DQ.

Breaststroke:we've seen everything. Breaststroke is much like butterfly. Arms and feet have to move together and you must touch the wall with two hands. Breaststroke is a mirrored stroke, meaning if you put a mirror down the center of a swimmer's body, it has to look the same on both sides.

For the arms, they cannot pass the hip line at any point, and must move simultaneously. For the feet, they must be flexed and turned up throughout the kick or it is considered a scissor or a butterfly. Breaststroke is easily one of the hardest strokes to learn because there are so many technical rules.

Free: Really hard to DQ in *unless* it's in the IM. For the IM you cannot turn over and do backstroke, but in a freestyle race, you could. Pretty much everything goes, except a false start.

Each DQ slip gets entered into the booth up top, and another copy of the DQ slip goes to the coach. On our team, once the coach receives the DQ slip, the coaches will keep it until the following practice to be discussed, *unless* the swimmer will be swimming that same stroke in another event during the meet in an effort to avoid a second DQ for the same thing. At the



following practice, the coaches will have entered the DQ on the swimmer's Commit account, and will pull the swimmer from their lane to discuss the infraction. Once the coach has done that, they will have the swimmer crumple up the paper and throw it away. A DQ is nothing more than a mistake written on a piece of paper. As long as our swimmers are learning from those mistakes, there is no reason to dwell on the slip of paper.

If you ever find your swimmer has DQ'd in a race and you don't think they deserved it, let a coach know ASAP. We are MORE than willing to advocate for your swimmer if they truly don't think they didn't do what the official thinks they did. That is our job. What that process looks like is sending your swimmer to us to tell us what they think they did, if we didn't see it ourselves. We will then take that to the deck ref who will discuss it with the official who made the call. If there isn't enough evidence to support the DQ, it can be overturned. A good official will always give the swimmer the benefit of the doubt. That in mind, if your swimmer started a butterfly race with freestyle, there isn't a whole lot I can do for you. But if your swimmer did 14 meters underwater and got DQ for going over 15, and the lane line beads aren't all lined up, I have plenty of room to protest.

After your child has swam all their races, you're free to go! Unless of course you signed up for a timing job. You do need to stay for that. Before you leave, please make sure your swimmer checks in with a coach so they can make sure your swimmer didn't miss an event on the sheet and make sure they're not in any relays.

Qualifying for State Meets (Championships)

Qualifying times for our swimmers will be posted on our website. We also will have a physical copy located at the pool. The Wyoming Swimming website also has the information available. To swim at the state meet at the end of the season, your swimmer must have at least one qualifying time to attend. If you are unsure if your child has achieved a time, please ask a coach and they will look it up.