



SWIM MEET 101



“When we first joined the Raccoon Valley Swim Team as a new team parents, we had no idea what a swim meet entailed. Many of us barely knew what swimming strokes there were! Our first season was filled with many questions. Our goals with this booklet are to help new parents feel comfortable and to provide parents with a crash course in swim team jargon. Hope you find this booklet helpful.”

~ Raccoon Valley Swim Team Parents ~

MEET OVERVIEW

- Swim meets during the summer have the same events taking place in the same order each meet.
- The meets are generally 2 1/2 to 3 hours long and move along very quickly. There is rarely a lull in the action.
- We swim "dual meets" in the summer, which simply means it's US against another team.
- The home team always swims in the even numbered lanes, generally lanes 2, 4 and 6.
- The visiting team swims in lanes 1, 3 and 5.
- Before the swim meet, the coaches make up the meet sheets that tell us who is swimming what events and in what lane. An index card is made up for each child with his/her name, event number, event name, and what lane the child is swimming.
- These cards are handed out during the meet, when it is time for the child to go "line up" behind the starting block to get ready to swim. The card is then handed to a timer who is at the swimmer's block. The timers use this card to record the children's times.

Age Groups

All children swim in their age groups. They are broken down as follows: 8 and under, 9-10, 11-12, 13-14, and 15-18.

Parents of 8 & Under Children

Parents of 8 and under children are of crucial importance to our team. We rely on them to keep all the younger children together in the team area. When we're handing out the event cards, we need to be able to find them quickly and easily, to avoid having a child miss a race.

Things to Remember

- It may seem that we're handing out cards for events that seem a long way off. Races go very quickly, especially the older age groups, who are quite fast! So when a card is given to your child, it's crucial to get your swimmer to the designated area as soon as possible.
- It's summer. Meets can be hot! Be prepared.
- Make sure to put lots of sunscreen on both yourself and your child. Bring lots of water and a good hat.
- For away meets, families should bring their own chairs, since seating may be limited at some pools.
- Have a spare set of goggles if possible (straps sometimes break)
- Check that your child has their goggles on and down over their eyes before they get on the blocks
- The coaches require your children to stay in the team area anytime they are not swimming.

MEET EVENTS

- Boys and girls generally swim each event separately.
- The events for each stroke go from youngest to oldest. The girls in a given age group swim the event first, followed by the boys.

100 Meter Individual Medley

The first event of every meet is the 100 meter Individual Medley, aka the 100 IM. We use abbreviations for everything! It's like learning a new language.

- Girls and boys ages 9 and up can swim this event.
- Ages 8 and under do not swim the 100 IM in competition in our league.
- In the 100 IM, one swimmer swims one lap, one length of the pool, of each stroke in a specific order: butterfly, backstroke, breaststroke, and freestyle.

Medley Relay

All age groups swim the Medley Relay, including 8 and under.

- The Medley Relay is a relay consisting of 4 swimmers. In the 8 and under category, boys and girls may be mixed in this relay.
- For 8 and under and 9-10 age groups only, each swimmer swims **one** lap of the pool, each swimmer a different stroke.
- Swimmers in the 11-12, 13-14 and 15-18 age groups each complete two laps of a particular stroke.
- The Medley Relay has a specific stroke order: backstroke, breaststroke, butterfly, and freestyle.
- Since the younger children only swim one lap each, those swimmers swimming the breaststroke and freestyle portion of the relay must be at the opposite end of the pool, not the starting block end.
- Before the Medley Relay, we need the assistance of those crucial parents of the younger children! We need a parent stationed at each lane at the opposite end of the pool, making sure that the children are in the right place and lane.

Freestyle

After the Medley Relays come the freestyle events. These progress as the events above, from youngest to oldest, with the girls swimming before the boys in each age category.

- The children 8 and under swim a 25 meter freestyle. That's simply one lap.
- Ages 9-10 and 11-12 swim a 50 meter freestyle, or 2 laps.
- Ages 13-14 and 15-18 swim a 100 meter freestyle, or 4 laps.

Backstroke

Backstroke events follow the freestyle events.

- Ages 8 and under and 9-10 swim a 25 meter backstroke.
- Ages 11-12, 13-14 and 15-18 swim a 50 meter backstroke.

Breaststroke

Breaststroke follows backstroke events.

- Ages 8 and under and 9-10 swim a 25 meter breaststroke.
- Ages 11-12, 13-14 and 15-18 swim a 50 meter backstroke.

Butterfly

Butterfly events follow the breaststroke.

- Ages 8 and under and 9-10 swim a 25 meter butterfly.
- Ages 11-12, 13-14 and 15-18 swim a 50 meter butterfly.

Freestyle Relay

The freestyle relays are the last events of the meet.

- Make sure to check with the coaches before you leave a meet. Your child may be scheduled to swim in this final relay. The children love relays and get a real sense of being part of a team by competing in them.
- Unforeseen circumstances may result in a child being placed in the relay at last minute!
- The relay team has 4 swimmers.
- Ages 8 and under swim a 100 meter relay, which means each swimmer swims one lap of freestyle.
- Ages 9-10 and up all swim a 200 meter relay, which means each swimmer swims two laps of freestyle.

Event Overview

Laps per event (each lap is 25 meters)

	100IM	Medley Relay	Freestyle	Back stroke	Breast stroke	Butterfly	Free Relay
8 & U	N/A	1 lap each stroke	1 lap	1 lap	1 lap	1 lap	1 lap each
9-10	1 lap each stroke	1 lap each stroke	2 laps	1 lap	1 lap	1 lap	2 laps each
11-12	1 lap each stroke	2 laps each stroke	2 laps	2 laps	2 laps	2 laps	2 laps each
13-14	1 lap each stroke	2 laps each stroke	4 laps	2 laps	2 laps	2 laps	2 laps each
15-18	1 lap each stroke	2 laps each stroke	4 laps	2 laps	2 laps	2 laps	2 laps each

Quick Reference

100 IM aka 100 Meter Individual Medley

- Order: Butterfly, Backstroke, Breaststroke, Freestyle
- 8 and under does not swim this event.

Medley Relay

- Order: Backstroke, Breaststroke, Butterfly, Freestyle
- All ages swim this event.
- 8 & U and 9-10 ONLY: one lap of each stroke
 - Breastroker and Freestyler must be at opposite end of the pool!

Freestyle Relay aka Free Relay

- For 8 & U only: One lap of freestyle
 - 2nd and 4th (aka "anchor") child must be at the opposite end of the pool.
- All others - 2 laps of freestyle each

<u>AWAY</u>		Event No. <u>9</u>	
Hometeam: <u>Larchmont</u>		vs. Visitors: <u>Sturbridge Woods</u>	
Name: _____		Date: _____	
Lane: <u>1</u>	Relay Order	1. <u>John Smith</u>	3. <u>Mary Doe</u>
Time: _____		2. <u>Joe Johnson</u>	4. <u>Kate Jones</u>
	<input type="checkbox"/> Boy	<input checked="" type="checkbox"/> 8 & Under	<input type="checkbox"/> 25
	<input type="checkbox"/> Girl	<input type="checkbox"/> 10 & Under	<input type="checkbox"/> 50
	<input checked="" type="checkbox"/> Med Relay	<input type="checkbox"/> 11-12	<input checked="" type="checkbox"/> 100
	<input type="checkbox"/> Free Relay	<input type="checkbox"/> 13-14	<input type="checkbox"/> 200
		<input type="checkbox"/> 15-18	<input type="checkbox"/> I.M.
			<input type="checkbox"/> Free
			<input type="checkbox"/> Back
			<input type="checkbox"/> Breast
			<input type="checkbox"/> Butter
Place: _____			
Reason for Disq. _____			

Image 1. Sample medley relay card for away meet

XXXX HOME		Event No. <u>32</u>	
Hometeam: <u>Hammonton</u>		vs. Visitors: <u>Sturbridge Woods</u>	
Name: <u>Mary Smith</u>		Date: <u>7/11/01</u>	
Lane: <u>4</u>	Relay Order	1. _____	3. _____
Time: _____		2. _____	4. _____
	<input type="checkbox"/> Boy	<input type="checkbox"/> 8 & Under	<input type="checkbox"/> 25
	<input checked="" type="checkbox"/> Girl	<input type="checkbox"/> 10 & Under	<input checked="" type="checkbox"/> 50
	<input type="checkbox"/> Med Relay	<input checked="" type="checkbox"/> 11-12	<input type="checkbox"/> 100
	<input type="checkbox"/> Free Relay	<input type="checkbox"/> 13-14	<input type="checkbox"/> 200
		<input type="checkbox"/> 15-18	<input type="checkbox"/> I.M.
			<input type="checkbox"/> Free
			<input checked="" type="checkbox"/> Back
			<input type="checkbox"/> Breast
			<input type="checkbox"/> Butter
Place: _____			
Reason for Disq. _____			

Image 2. Sample event card, home meet.

SJ Suburban Swim Association Order of Events

Every dual meet has the same 67 events in the same order.

#	DIVISION	EVENT
1	Girls 9-10	100 Meter Individual Medley
2	Boys 9-10	100 Meter Individual Medley
3	Girls 11-12	100 Meter Individual Medley
4	Boys 11-12	100 Meter Individual Medley
5	Girls 13-14	100 Meter Individual Medley
6	Boys 13-14	100 Meter Individual Medley
7	Girls 15-18	100 Meter Individual Medley
8	Boys 15-18	100 Meter Individual Medley
9	Open 8 &	100 Meter Medley Relay
10	Girls 9-10	100 Meter Medley Relay
11	Boys 9-10	100 Meter Medley Relay
12	Girls 11-12	200 Meter Medley Relay
13	Boys 11-12	200 Meter Medley Relay
14	Girls 13-14	200 Meter Medley Relay
15	Open 13-14	200 Meter Medley Relay
16	Girls 15-18	200 Meter Medley Relay
17	Open 15-18	200 Meter Medley Relay
18	Girls 8 &	25 Meter Freestyle
19	Boys 8 &	25 Meter Freestyle
20	Girls 9-10	50 Meter Freestyle
21	Boys 9-10	50 Meter Freestyle
22	Girls 11-12	50 Meter Freestyle
23	Boys 11-12	50 Meter Freestyle
24	Girls 13-14	100 Meter Freestyle
25	Boys 13-14	100 Meter Freestyle
26	Girls 15-18	100 Meter Freestyle
27	Boys 15-18	100 Meter Freestyle
28	Girls 8 &	25 Meter Backstroke
29	Boys 8 &	25 Meter Backstroke
30	Girls 9-10	25 Meter Backstroke
31	Boys 9-10	25 Meter Backstroke
32	Girls 11-12	50 Meter Backstroke
33	Boys 11-12	50 Meter Backstroke
34	Girls 13-14	50 Meter Backstroke

35	Boys 13-14	50 Meter Backstroke
36	Girls 15-18	50 Meter Backstroke
37	Boys 15-18	50 Meter Backstroke
38	Girls 8 &	25 Meter Breaststroke
39	Boys 8 &	25 Meter Breaststroke
40	Girls 9-10	25 Meter Breaststroke
41	Boys 9-10	25 Meter Breaststroke
42	Girls 11-12	50 Meter Breaststroke
43	Boys 11-12	50 Meter Breaststroke
44	Girls 13-14	50 Meter Breaststroke
45	Boys 13-14	50 Meter Breaststroke
46	Girls 15-18	50 Meter Breaststroke
47	Boys 15-18	50 Meter Breaststroke
48	Girls 8 &	25 Meter Butterfly
49	Boys 8 &	25 Meter Butterfly
50	Girls 9-10	25 Meter Butterfly
51	Boys 9-10	25 Meter Butterfly
52	Girls 11-12	50 Meter Butterfly
53	Boys 11-12	50 Meter Butterfly
54	Girls 13-14	50 Meter Butterfly
55	Boys 13-14	50 Meter Butterfly
56	Girls 15-18	50 Meter Butterfly
57	Boys 15-18	50 Meter Butterfly
58	Girls 8 &	100 Meter Freestyle Relay
59	Boys 8 &	100 Meter Freestyle Relay
60	Girls 9-10	200 Meter Freestyle Relay
61	Boys 9-10	200 Meter Freestyle Relay
62	Girls 11-12	200 Meter Freestyle Relay
63	Boys 11-12	200 Meter Freestyle Relay
64	Girls 13-14	200 Meter Freestyle Relay
65	Open 13-14	200 Meter Freestyle Relay
66	Girls 15-18	200 Meter Freestyle Relay
67	Open 15-18	200 Meter Freestyle Relay