

BCW Swim Meets 101

How to not get overwhelmed
at your first swim meet...

Welcome!

- This is meant to provide some quick info to help team parents, or anyone new to the BCW Swim Team, get around swim meets.
- Some information is targeted for Age Group Parents but helpful for others to know.
- For more information, check out our website:
<https://www.bcwbarracudas.com/helpful-info>

What's Included in this Deck?

- Home Site Map - General Logistics
- Home Site Map - Swimmer Logistics
- Age Group Parent - Pre-Meet To Dos
- Marking Up The Swimmers
- Arriving at the Ready Bench
- Ready Bench Typical Flow
- Ready Bench 101
- Understanding the Schedule
- When Do I Take Swimmers to the Ready Bench?
- Tips & Tricks
- FAQs
- Austin Hills Swim League Map of Sites

Home Site Map - General Logistics



BCW swimmers and volunteers **ONLY** will be inside the fence in the BCW waiting area under the canopies. BCW families will be in the grass right behind the fence and can set up chairs or tents.

The Visiting Team will be using the sport court area.

Families can watch their swimmers along the fence against the length of the pool. ***Please rotate out after your child's heat to make room for other viewers.***

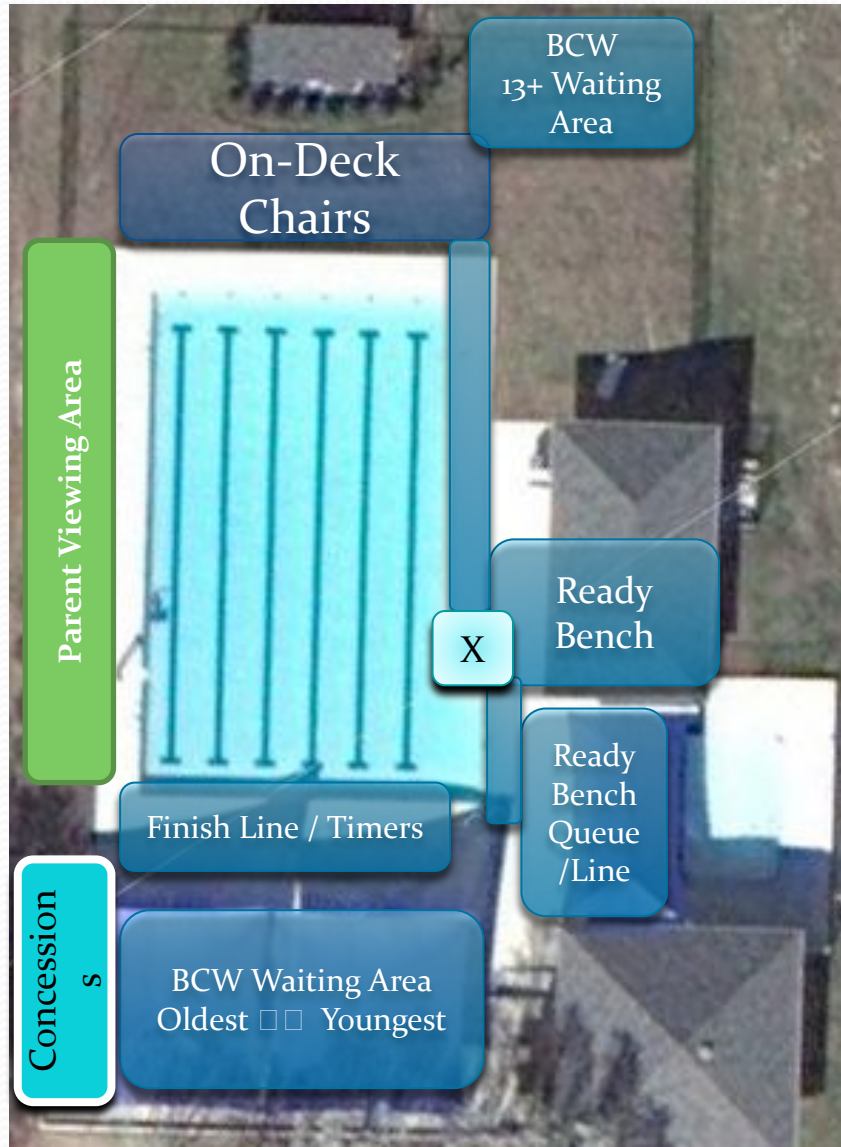
Helpful notes:

The Kiddie/Splash pool is closed during meets.

Everyone is sharing the same restrooms.

Parking is usually a mess – please try and park diagonally (not parallel) along Creeks Edge Parkway, respect the roped off / coned areas, and save room closer to the pool for guests who arrive later for their warm-ups.

Home Site Map - Swimmer Logistics



BCW Swimmer Waiting Area is under the big canopies inside the fence. Swimmers wait there between events under supervision of AGP volunteers. BCW families can set up in the grass behind the fence.

The Computers desk (X) is where volunteers facilitate the meet. Please do not approach the tent, but instead report any absences or late arrivals through the AGP Lead.

Concessions usually has chicken biscuits in the morning, pizza closer to lunch, and various chips/candy/etc and drinks, though we may get some food trucks at some meets.

The timers sit/stand under tents at the near side of the pool. Respect their space so they can do their job.

Viewing areas (green): The best Viewing Area is on the parking lot side of the pool. Please be respectful and rotate out after your child's heat to make room for other viewers. **Only adults volunteering should be inside the fence.** Stroke Judges need room to walk along the edges of the pool (both sides).

Age Group Parent – Pre-Meet To Do's

- **When you arrive at designated time, check in with the Volunteer Coordinator and pick up your clipboard, volunteer badge, and heat sheets if you don't already have them printed from home.** AGP Lead should have clipboard + sharpies (s/he will email in advance of the meet). Please save/return all supplies at end of meet.
- Mark up as many swimmers with a Sharpie as you can before warm-ups and/or they apply sunscreen, which make the markers useless. Hopefully most are premarked!
- **Take attendance as you mark up swimmers– seriously– and report any swimmers who are in relays and have not arrived 30 minutes before the meet and update late arrivals ~5 min before the meet.** The AGP Lead will be making relay changes in time.
- If one relay swimmer isn't there, the whole relay team forfeits unless an alternate is identified by the coaches or relay coordinator in time. **Don't just find a replacement, tell the AGP Lead.**

Marking up the Swimmers

- IM – Individual Medley
 - 1 Swimmer, in order:
Fly, BK, BR, F – age 7 & up.
- FR – Freestyle Relay
(4 swimmers per relay)
- F – Freestyle
- BK – Backstroke
- BR – Breaststroke
- Fly – Butterfly
- MR – Medley Relay
 - 4 Swimmers, in order:
BK, BR, FL, FR – age 7 & up.

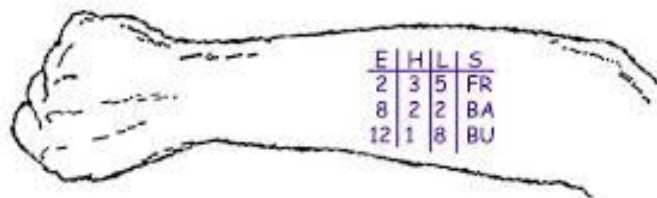
Last Name on back - **required!**
Events on Arm - **preferred!**

Format:

Event #– Heat# - Lane# - Stroke

Example for a swimmer:

E | H | L | S
11 | 2 | 3 | F



Don't forget to mark swimmers' arm (no legs please) as illustrated, with event number, heat number, lane number and stroke.

Relay Positions on Heat Sheet

1 st	Jane D	2 nd	Sarah Z
3 rd	Kate S	4 th	Megan B

Arriving at Ready Bench

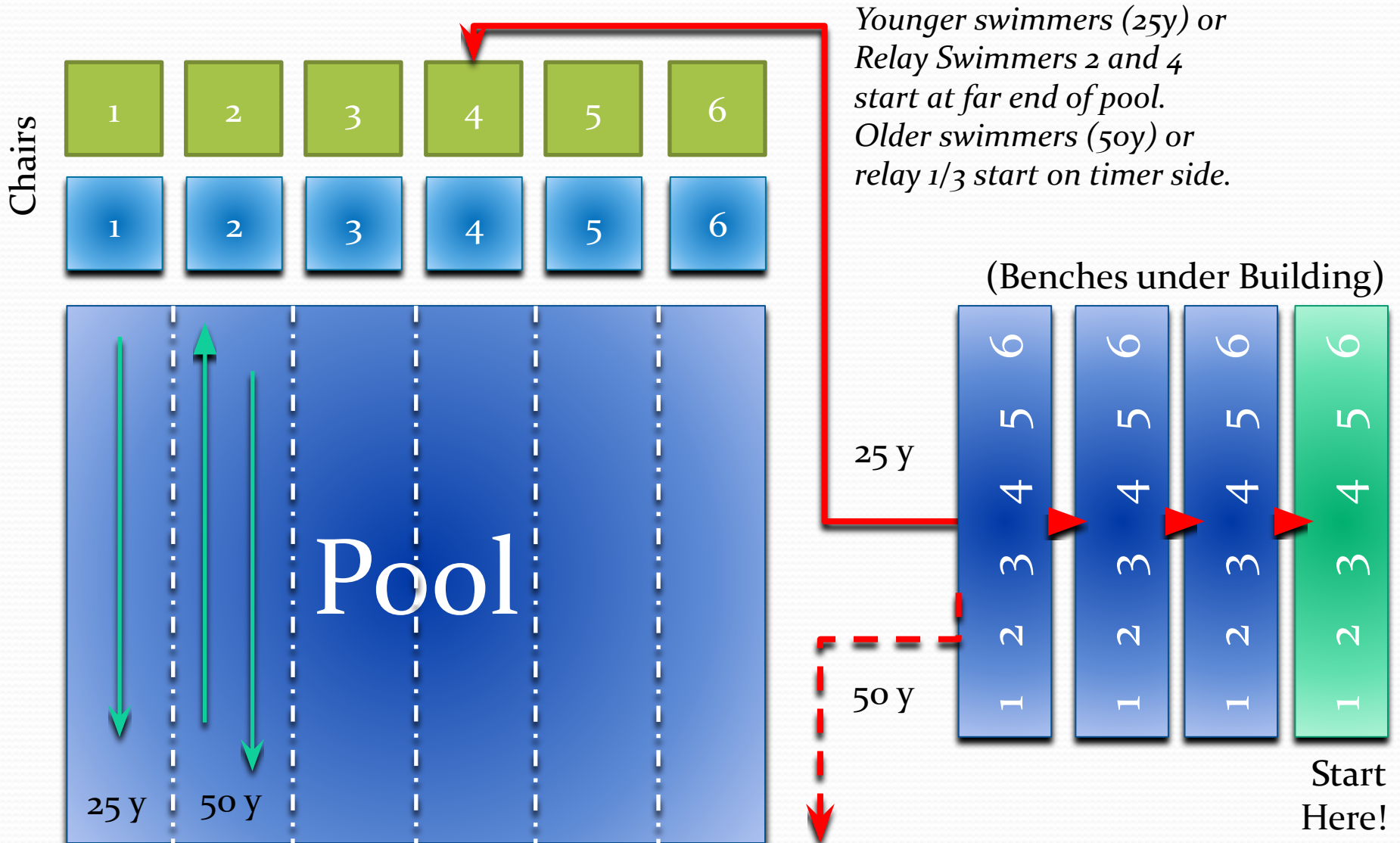


It's important for Age Group Parents to take swimmers to the back of the Ready Bench using the route shown to avoid interrupting the potentially chaotic Ready Bench team trying to ready swimmers for the next race.

Both teams will have a line of swimmers, with the visiting team coming through the hallway of the bathrooms, so **make sure there's room for two lines** as you snake around the splash/baby pool.

Please keep the children out of the baby pool and off the stairs as it is closed during meets; if there isn't room in the Ready Bench area, you're probably too early.

Ready Bench Typical Flow



Ready Bench 101

- The swimmers are loaded by heat into the rear bench by the ready bench team.
- Everyone moves up a bench until they reach the front bench, and then the ready bench team takes the swimmers to the on-deck chairs.
- Team Parents need to help get the swimmers onto that rear bench in the right numbered lane/seat at the right time – it can be chaotic with ~40 six-year-olds all in that area for one event. Try to order them by heat number!
- Getting there at the right time with all your swimmers is the most important part of the team parent job!
 - Too early, and they'll get restless and cause problems
 - Too late, and it could hold up the meet or miss races
- At least one Age Group Parent should be at Ready Bench as long as one of the swimmers is on one of the benches.

Understanding the Schedule

7 main events/strokes

- Individual Medley (IM)
1 swimmer, 4 strokes
no 6 & Under event
- Freestyle Relay
4 swimmers, 1 stroke
- Freestyle
- Backstroke
- Breaststroke
- Butterfly aka “Fly”
- Medley Relay
4 swimmers, 4 strokes
No 6 & Under event

Each Age Group in Order

- 6&U Girls
- 6&U Boys
- 7-8 Girls
- 7-8 Boys
- 9-10 Girls
- 9-10 Boys
- 11-12 Girls
- 11-12 Boys
- 13+ Girls
- 13+ Boys

Then you have as many heats within each event as you need to accommodate every swimmer. 40 swimmers / 6 lanes ~= 7 heats.

Stroke/Event	Age		#
Freestyle	6&U	Girls	19
		Boys	20
	7-8	Girls	21
		Boys	22
	9-10	Girls	23
		Boys	24
	11-12	Girls	25
		Boys	26
	13+	Girls	27
		Boys	28
Backstroke	6&U	Girls	29
		Boys	30
	7-8	Girls	31
		Boys	32
	9-10	Girls	33
		Boys	34
	11-12	Girls	35
		Boys	36
	13+	Girls	37
		Boys	38

When do I take the swimmers to the Ready Bench?

- Ideally, the Ready Bench will summon you.
- Otherwise, watch the age group in front of you and use the heat sheet and the electronic scoreboard as a guide.
- **Using the heat sheet for that event, get your swimmers lined up in order of heat and lane so they are already in order when you walk them to the ready bench.**
- You want to be there before the Rear Bench opens up.
 - ...but if you get there too early, the kids will get rowdy and there won't be enough room.
- If there's 7 heats in the group in front of you, leave approximately 7 heats after the group in front of you leaves...
- Look at our electronic scoreboard to see the current Event Number and Heat Number.

Tips & Tricks

- Always ask the younger swimmers if they need to use the restroom at least 5 minutes before you plan to leave for Ready Bench, as many little ones will go as soon as one mentions it. (esp. at away meets!)
- Goggle Check – Remind the kids to grab their goggles before you leave for Ready Bench and get them on their head – even a few minutes before, as some kids will leave them somewhere else.
- Not everyone swims every event, so keep your sheet handy so you know who (and how many) to bring and in what order.
- It helps to announce the event name and number to your group, then line them up in order of heat and lane.

FAQ's

- **Results**

- ...are posted as the meet goes on; for us, it's posted on the glass display case outside the restrooms or in the "Swimtopia" iPhone/Android app. They're often only updated after each stroke finishes for the oldest age group.
- Swimtopia App (available for iPhone and Android):
<https://www.swimtopia.com/tour/swimtopia-mobile-app/>
- After the event is officially closed, results are posted on our website:
https://www.bcwbarracudas.com/swim_meets

- **Disqualifications**

- ...aren't always obvious; usually you look at the results to see if someone got DQ'd for an improper stroke, false start, etc. Published with official times.

- **Ribbons**

- Heat ribbons (first place out of the up-to-six swimming at the same time) are given immediately – and generally aren't aware of disqualifications.
- Other "place" ribbons (1st-4th or 1st-6th) are handed out at the next practice.

- **How does the post-season All-Star meet work?**

- The qualifying times are set before the season for each event and age group (on site now) and posted on the heat sheet. If a swimmer records a time (without a DQ) below that threshold, they automatically are invited to the all-star meet to swim that event. All-Star meet is optional; the only way in is to swim a qualifying time or for the coach to add people to fill a relay team.

FAQ's (continued)

- **When do I need to get there?**
 - Volunteers, especially Age Group Parents need to safely be there before warm-ups which means an hour and 5 minute before (usually 7am) for a home meet or 35 minutes before (usually 7:30am) for an away meet. Assume bad parking. Try to mark the arms before they get wet in warm-ups.
- **How long do meets last?**
 - It really depends on the number of swimmers, but typically 3-4.5 hours. Rarely done before 11am, but usually done by 12:30pm or so.
- **When can volunteers leave?**
 - Age Group Parents stay until all the swimmers in their group are finished, including swim-ups. For younger groups, be sure each swimmer has found a parent. Some parents of swimmers may still be doing their volunteer job (like stroke judge or ready bench), so you may still have swimmers after they're done swimming.
- **When can the swimmers leave?**
 - As soon as they're done with events, there's no requirement to stay and there's no awards ceremony at the end or anything. Some stay till the end to cheer on teammates or finish volunteer duty, some leave early. Tell the appropriate AGP before your swimmer leaves.

FAQ's (Continued)

- **Who decides what event a swimmer competes in at a meet?**
 - Parents sign their children up for events the week before the event. The coaches decide any changes, not AGP. If any parent has a concern with the selection, direct them to the coaches. Most meets do not allow “deck entries” – or adding an event the day of the meet, after all the heat sheets have been printed out.
- **What about Relays? Why do some little kids end up swimming a relay with much older kids? Is that fair?**
 - Swimmers may swim in a max of two (2) relays per meet (one free relay and one medley relay). A swimmer cannot swim the same event twice.
 - On any relay team, there must be at least one swimmer from that age group.
 - Younger swimmers may swim up in older age groups for relays; however, that counts toward their number of allowed relay swims (one free relay and one medley relay).
 - Older swimmers may not “swim down” in a younger group’s relay.
 - With the older age groups, there’s often not a perfect multiple of 4. The AGP Lead and/or Relay Coordinator will work down the age groups to find swimmers ***not already in a relay*** who are comfortable with the stroke needed. In some cases, there’s only a couple of relay teams, so it’s often a guaranteed ribbon.

FAQ's (Continued)

- **What's a Combined Heat?**

- If there are two small events (usually older swimmers) such that two different races can both swim at the same time, they will swim at the same time and show as "Combined" on the heat sheet. That can have boys and girls swimming at the same time, but they are still distinct events, and there would be one heat ribbon for each event/heat.

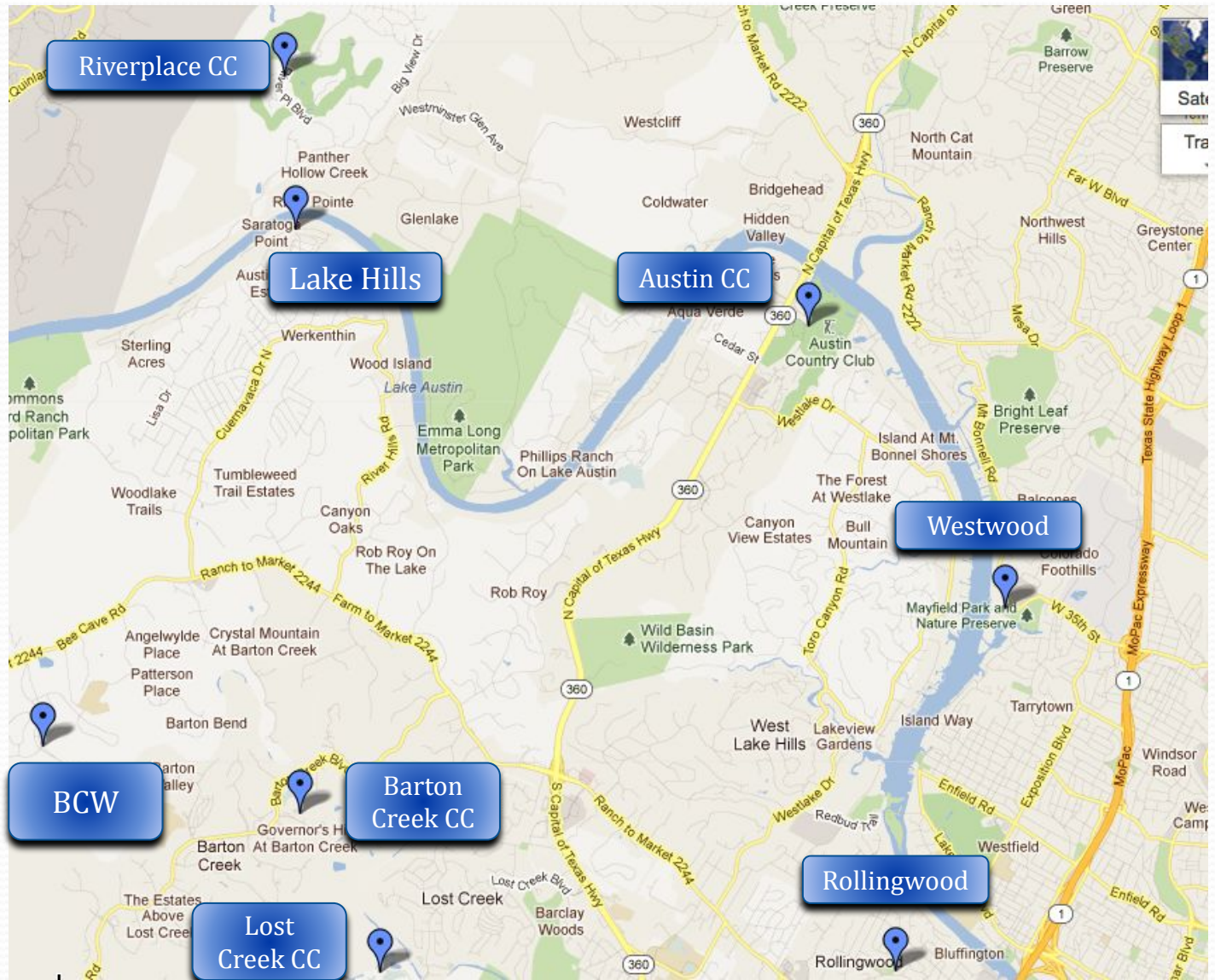
- **What if a swimmer scratches, gets sick, leaves early, etc.**

- If a swimmer is in a relay, then talk to relay coordinator immediately and they will identify a sub. If it's a last minute scratch, it's helpful to grab another eligible swimmer (not swimming that event in any age group) just in case but talk to the Age Group Coordinator to be sure they are eligible and get the information to the Computers.
- If a swimmer is missing an individual race, then just be ready to call out "scratch" when the ready bench asks for them – you don't need to notify anyone else.

- **What are the 6 & Under limits?**

- Three individual events total, plus relays. No IM and no dedicated Medley Relay, but a 6&U can swim up to fill in an older MR.

Austin Hills Swim League



Lakeway and
Lake Pointe swim at
Lakeway Swim Center