**Helpful Hints for First-time Swimmers and Swim Families**

**Items you may need for the swim meet:**

* Bring extra towels & goggles
* Sharpie marker (The swimmer's initials should be written on their upper arm)
* There will be concessions - bring money (The funds go back into the swim team!)
* Healthy Snacks - There will be time for your swimmer to snack between their races
* Bring a chair(s)
* Wear cool clothing! We're in NC folks... the humidity is here!

**A few points to know about swim meets...**

* **Swimmers need to arrive by 4:45 (home meets) or 5:15 (away meets)**. They will need time to warm-up before the meet begins.
* A typical swim meet lasts a solid 3 hours. Please remember, the weather may cause delays and thus lengthen the time of the meet.
* The 'Kid Pusher' will call for your child's age-group when it is their turn to line up for an event (Example: "7 & 8 girls"). Please be aware and listen for your child's age group. If they cannot locate the swimmer, the meet will not pause. The swimmer will miss that race.
* Each swimmer needs to save their energy for the races. Please encourage your swimmer to avoid the playground and running around as much as possible. **We encourage our team to watch the events and cheer on their teammates.**
* Once the Kid Pusher has your child, they will handle lining the swimmer up for their race. Parents do not need to accompany the swimmer behind the starting blocks; there is very limited space in the block area. The Kid Pusher will hand off the swimmer to the Clerk of Course who will then place the swimmer at the starting block.
* "Main Events" vs. "Heats": A main event is for points (this is how the winning team is decided). "Heat" races are not for points, but gives the swimmer a chance to practice racing using that specific stroke.
  + Swimmers 6 & under may only swim in 2 main events.
  + Swimmers 7 & up may swim in 3 main events.
* The meet will go as follows:
  + Start with the Medley Relay (Back stroke, Breast stroke, Butterfly, & Freestyle)
  + Freestyle Event
  + Backstroke Event
  + Breast Stroke Event
  + Butterfly Stroke Event
  + Freestyle Relay
* Age 6 & under swimmers will swim freestyle, back stroke, &/or breast stroke. They do not swim butterfly, medley relay\*, or the freestyle relay\*. These swimmers may leave after those races are complete if needed. \*On occasion, there are times when a 6 & under swimmer is pulled up to fill a spot in an older age relay. The coach will make that decision based on individual skill and performance. If that swimmer is pulled up, they will swim the appropriate distance for the relay.
* Ages 6 & under swim will compete in 15 yard events. Swimmers in the age group 7-10 years old will compete in events one length (25 yards) of the pool. Swimmers 11 years old and up will compete in events that are two lengths (50 yards) of the pool.
* The line-up of races and each race that your child will be swimming in will be posted on the painted wall on the far-side of the pool at home meets or will be with the coach at away meets. Please view this list on arrival and communicate to your swimmer as needed regarding their races.
* In the event of a delay (e.g. bad weather), the TSA reps have to make a decision whether to delay the meet or cancel. Please note - **if the meet is canceled for that Tuesday, it must be made up ASAP (typically on the next day, Wednesday).** In the event the swim meet is rescheduled, only the main events will be held, no heat races. The meet may be noted as 'complete' if the meet has been conducted through the breast stroke event.

**Additional Home Meet Information:**

* Arrival time for Home Meets is 4:45. This allows you sufficient time to set up, find out what events your swimmer be competing in, and give them time for warm-ups.
* Wendell Waves swim team will meet on the far side of the pool (near the painted Wendell Swim Club sign).
* Tables will be reserved under the shelter for the swim meet use - Scorers and ribbon writers will be at these tables. There will be limited seating behind these tables under the shelter that families may use.
* Please prepare for a crowd. If you have other children that are not participating, please be aware that the pool is closed to all except the swimmers. Swimmers are only allowed in the pool during warm-ups and races. Children & adults may not 'hang out' in the shallow end.

**Additional Information Related to 'Away' Swim Meets**

* Arrival time for Away Meets is 5:15.
* Set-up at away meets may not be the same as at WSC. We may not be aware of changes with the opposing team or plans until arrival at the meet.
* Every swim club is different, including amenities & concessions. Some swim clubs have playgrounds with rules concerning these areas.
* Please allow for adequate travel time to away meets. The time and address for these meets will be sent out before each meet.