

## Frisco Aquatics Meets Frequently Asked Questions

### Which meets should my child enter/does my child qualify for?

USA Swimming categorizes swimmers by the times they've achieved in various events. Within each age group, there are "C" standards, "B" standards, "BB" standards, "A" standards, "AA" standards, "AAA" standards, and "AAAA" standards. View the time standards at <http://www.friscoaquatics.com/2008MotivationalTimes-Top16.pdf> . Meets are also categorized by time standards. There are "B/C" meets, "BB" meets, and "A" meets. Other meets, like the Texas Age Group Swimming (TAGS) Championships, for example, have separate qualifying standards that are more challenging than "A" time standards. View TAGS qualifying standards at <http://www.ntswwim.org/template.php?page=timestds.php>. **Swimmers aged 12 & under who have not competed in a USA Swimming meet before must begin at a "B/C" meet.** If they achieve three or more "BB" time standards, they advance to the "BB" level and may compete at a "BB" meet. If they achieve three or more "A" standards, they may compete at an "A" meet. **Swimmers aged 13 & over who have not competed in a USA Swimming meet before must begin at a "BB" meet, even if they have no "BB" standards.** View a schedule of Frisco Aquatics meets including meet information at <http://www.friscoaquatics.com/meets.htm> .

### How do I enter my child in a meet?

Currently, Frisco Aquatics employs an online entry system. Coaches of 12 & under swimmers will suggest meet entries for your swimmer ahead of time--either by e-mail or a paper handout. 13 & over swimmers are expected to have enough familiarity with the entry process to be able to enter themselves; however, if your 13 & over swimmer is new, don't hesitate to ask your coach for suggestions! Once you've received your suggested entries, visit [www.friscoaquatics.com/entry.htm](http://www.friscoaquatics.com/entry.htm) . Enter your swimmer's name, e-mail, phone number, and the meet you're entering. In the left-hand column of the form, type in the event number you're entering. In the right-hand column of the form, click on the drag-down menu and select the event you're entering. (Events and their corresponding numbers are listed in the meet information, downloadable on the Meets page of our website.) When you've entered all events, type any comments in the "Comments or questions" box at the bottom of the form. Finally, click submit. Entries are due on Tuesdays, one week prior to the date entries are to be mailed out to the host team. (See the Meets page of our website for Frisco Aquatics entry due dates.) On the Wednesday immediately following the entry due date, the Entries Coordinator will forward out a list of received entries to coaches for their review. Coaches will then have the opportunity to contact parents/swimmers with any questions or concerns, e.g. "Why isn't Dmitri swimming on Saturday?" or "Liesl should be entered in the 1650 freestyle." or "Has Erin forgotten to enter the meet?" Corrected entries are due the following Saturday at noon. The Entries Coordinator will not under any circumstances accept entries after that Saturday at noon. Swimmers who do not meet the entry deadline will have to late enter the meet. See below:

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Entries due by midnight	Entries e-mailed to coaches for review			Corrected entries due by noon		Entries e-mailed to host team

A few requests: (1) Please get your entries in by the Tuesday deadline—do not wait until Saturday to submit the online entry form. (2) Fill out the online entry form completely. If the entry form does not include your swimmer’s name, the Entries Coordinator cannot enter him/her. (3) You’ll notice on the online entry form that you do not have to separate your entries by day or session. Nevertheless, please type in event numbers/events in the order in which they’ll occur at the meet. (4) Communicate with your coach about your entries ahead of time. The online entry system is not meant to supplant swimmer-coach communication, but rather supplement it. Be sure your coach knows your plans. Final entries are always posted at [www.friscoaquatics.com/forum.htm](http://www.friscoaquatics.com/forum.htm).

### **What can I expect when I arrive at a meet?**

Expect to have to hunt for a parking space! Many facilities, except for Loos Natatorium in Addison, have inadequate parking space, so if you don’t arrive early, you may have to walk a long way. Moral of the story: arrive early!

When you finally make your way into the pool area, you’ll see that parents are encouraged to go one way (into the stands) and swimmers another (onto the deck). Parents who are not registered members of USA Swimming are NOT ALLOWED ON THE POOL DECK for liability reasons. There’s another reason: children are often anxious at swim meets; hovering parents tend to make them more so.

When you send your swimmer off in the direction of her coach and teammates, remind her to CHECK IN for her events. Check-in sheets are usually posted in the pool’s lobby or on the pool deck. They look something like this:

<b>Boys 100-yard Freestyle</b>	
_____	Adams, Ansel
_____	Adams, John
_____	Bell, Alexander Graham
_____	Einstein, Albert
_____	Hamilton, Alexander
_____	Houston, Sam
_____	Jefferson, Thomas
_____	Lincoln, Abraham
_____	Mahan, Alfred Thayer
_____	O’Neill, Eugene
_____	Pershing, John J
_____	Rush, Benjamin
_____	Truman, Harry S
_____	Washington, George
_____	Williams, William Carlos

Indicate that you are swimming the event with a check mark or that you are scratching the event with “SCR.” Every swimmer must check in for EVERY event he or she is swimming; otherwise,

he or she will not be seeded in that event. Be sure to read the check-in sheet CAREFULLY. Make sure you are not checking in or scratching for another swimmer!

Once your swimmer has checked in, she'll change into her warm-up suit (if she hasn't already) and find the area where her teammates are sitting. They will likely be readying themselves for warm up: stretching, putting on their caps and goggles, etc. Warm up is often divided into two forty-five minute "sessions," early and late. Teams closest to the host pool are supposed to be assigned the early warm up; teams farthest from the host pool are supposed to be assigned the late warm up. Most often, though, half of the teams warm up early one day and the other half warm up early the next. Warm-up assignments are posted on the North Texas Swimming website ([www.ntswwim.org](http://www.ntswwim.org)) a few days in advance of the meet. If you are unsure of Frisco Aquatics' warm-up assignment, consult your coach.

Each warm-up session is divided into two segments: general warm-up (for the first thirty minutes) and pace/sprints (the last fifteen minutes). During the general warm-up segment, each team will choose a lane or lanes and each coach will administer his or her lane(s). (General warm up tends to be very crowded; come prepared for a little bumping. Safety marshals and coaches do try to keep run-ins to a minimum. For example, swimmers are NOT allowed to dive into the water, but must enter cautiously and feet first.) During the pace/sprints warm-up segment, lanes 2, 3, 6, and 7 are reserved for one-way sprints; lanes 1 and 8 for two-way pace; and lanes 4 and 5 for general warm up.

The competition itself usually begins 15 to 30 minutes after the warm-up sessions have ended.

Again, it's very important to arrive at a meet EARLY--AT LEAST 15 minutes before the start of the assigned warm up--so that swimmers have adequate time to check in, change, and settle themselves into the team seating area. Swimmers should be getting in the water at the assigned warm-up time, NOT pulling up to the pool. What's more, coaches often determine relay assignments at the start of a meet; if certain swimmers have not arrived, they cannot be entered into relays, jeopardizing the opportunity of those swimmers present to participate in relays.

### **What can I expect during a meet?**

About thirty minutes before the start of any event, the meet's computer operators will pull that event's check-in sheets off the wall and "seed" that event--that is, they'll organize the swimmers into heats and lanes. The resulting "heat sheets" will be posted on the wall--usually behind the starting blocks--several minutes before the start of that event. Swimmers MUST check the heat sheets for their heat/lane assignment and then should promptly relay their heat/lane assignment to their coach.

This is one of the most challenging tasks for beginning and experienced swimmers alike. USA Swimming meets are run quickly and, for the most part, with little fanfare. Oftentimes meets are run out of two pools--girls at one end and boys at another--accelerating the pace of the meet. Swimmers must constantly be on the lookout for their events' heat-sheet postings and must, at the same time, be aware of what event and heat is in the water. Sometimes the event and heat number are indicated on the pool's timing board, sometimes they're not. In that case, swimmers must listen for the starter's announcements, which can be hard to hear over the din of a noisy

pool deck. In short, it's very important that swimmers always keep at least one eye on the pool to be sure they don't miss their event.

In general, USA Swimming meets are three-day affairs: one Friday-night session, two Saturday sessions (one for older, one for younger kids), and two Sunday sessions (one for older, one for younger kids). This does vary from meet to meet, however. Each session lasts between three and four hours. Meets are time-consuming and tiring affairs; swimmers should come prepared with a deck chair, extra towels, warm sweats, warm foot wear, blankets, water and/or Gatorade, and snack food. It's also a good idea to bring reading or homework to the pool. Many of the most successful student-athletes get the bulk of their homework done on the pool deck.

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