

# Competitive Swimming



## Giving racing a try

If your child would like to try racing at a local meet we can offer them the race experience via our "Have a Go" program. The cost of this is \$10 per meet and swimmers can compete as a Have a Go swimmer twice. If they then want to pursue racing further, they will need to become a registered Club swimmer. Our Development Officer Katrina Garrett oversees the program and will assist you with entering the meet, race selections & will look after the swimmers at the meet. Please note pool entry is not included in the \$10

## What equipment does my swimmer need for racing?

Consider getting togs that are firmly fitting; rash tops and board shorts are not suitable. Your club will have club swimming caps for sale and make sure your child has comfortable, well-fitting goggles. A good swim bag that can hold at least two towels, lunch box, water bottle and dry clothes is recommended. A club t-shirt and warm top will be required and footwear that is easy to take off and put on is a must.

Swimmers will require food and water, talk to your coach about suitable snacks for your swimmer to eat before, during and after racing.

## Local Swimming Meets

Local Meets are held throughout the year and dates for these can be found in the COMPETITION CALENDAR section of our website. Each meet has a flyer and any other key information can be found in the Local Meet Information tab of the above mentioned section

Your swimmer's coach will advise you or your child as to the appropriate meets to enter and what to races to enter in each meet.

## Entering a meet

Swimmers enter meet through an online portal called Fastlane and your club's entry secretary will be able to talk you through this process. But be aware late entries & changes after the closing date will not be accepted so it is important that you get your entries in well before the advertised closing date

## What happens at a swim meet?

Swimmers sit with their club and parents sit in the allocated spectator's area. Swimmers are looked after by club Team Manager's whose role it is to make sure that your child gets to their races on time, eats, drinks and keeps warm. They will also be watching your child's swims, their well-being, giving them positive feedback, watching for results and when necessary sending them up to get any ribbons, medals or spot prizes. Your child's coach will also be keeping an eye on them when racing and giving them constructive advice prior to racing and feedback after the races.

## Meet Documents

Once a meet has closed "draft" Psych sheets & a Meet Program will be emailed to you and placed on the website. Check the draft Psych sheets to make sure your child is entered into the correct events. If not, reply to the email by the date and time stated. The draft program will give you a guide as to what time your child's races will start

Once any changes have been made "final" reports and a program will be placed on the website. If you want to bring a copy of the program to the meet, you will need to print them off at home as they are not available on the day.

### **What if my child is injured or ill before a meet?**

If your child is unable to swim at a swim meet that they have entered, please let your club team manager know as soon as possible so that they can be withdrawn from any races entered. It is a good idea to make sure you have your team manager's contact details in case this happens.

### **Is there anything I can do to help at a meet?**

Swimming meets take up a huge amount of personnel and these people are all volunteers. We need at least 40 people to run an "approved" Swimming NZ Meet. Volunteering as an official is the absolute best way to meet people and learn more about the sport. It also helps to pass the time and you get the best views of the racing! People usually start by offering to time keep and then move on to becoming an Inspector of Turns – all training is provided. If you would like to volunteer, please talk to any of the officials at the pool on the day or pop into the control room prior at the start of the warm up session.

### **Swimming Lingo**

- SC – Short Course – 25m races (mostly races over winter)
- LC – Long Course – 50m races (start at Labour weekend and go throughout summer)
- DQ – disqualification – newer swimmers maybe "DQ'd" quite often when they first start. This can be very disappointing for them but it helps them to quickly learn the rules.
- PB – personal best – the best thing!
- IOT – Inspector of Turns – stand at both ends of the pool watching that swimmers are abiding by the rules with regards to their starts, turns and stroke.
- JOS – Judge of strokes – walking up and down the pool during each race, checking that each swimmer's stroke abides by the rules.
- Psych sheets – show all swimmers entered and their entry times, ranked from fastest to slowest in each event.
- Touch Pads – are the yellow surfaces at the deep end of the pool. When a swimmer touches these at the end of the race, timing stops. As a back-up to these there is also a back-up button which is pressed by a timekeeper when the swimmer touches and also a stop watch is used to provide yet another back-up time.
- Blocks – these are the starting blocks at each end of the pool. Swimmers normally dive off these to start a race. If a swimmer is too nervous to dive off the blocks they are allowed to get into the pool and hang on to the side before starting.

