



What To Do At A Swim Meet

Arrive at the pool at least fifteen minutes before the team is scheduled for warm-ups and check-in with MTS coaches on duty. If running late, text one of the coaches on duty so they know you are on your way.

Locate the team area, find a spot for you and your swim bag. The team area is for swimmers only, no parents, grandparents, pets, etc. Coaches will take care of your swimmer(s) throughout the meet. It is important that swimmers stay in the team area so coaches can find them.

Locate the athlete locker rooms and get ready to warm-up: suit on, team cap and goggles ready. Deck changing in any manner is not allowed, swimmers must change in the designated athlete locker rooms. Parents are not allowed in athlete locker rooms.

Each session starts with a warm-up period where the pool is open for swimmers to get warmed up and ready to race. The lanes may be designated as "open" to all competitors or they may be assigned to teams. The coaches will direct swimmers to the appropriate lanes for warm-ups.

Keep in mind, per USA Swimming rules only swimmers, coaches, officials and meet volunteers are allowed on the pool deck and behind the blocks. Parents should send their swimmers to the deck when they arrive and then find a place in the stands where other MTS parents are sitting.

For meets with an open deck, parents may sit near the team area and help get swimmers to the blocks; however, parents are not allowed to go behind the blocks and everyone needs to stay back from the pool edge to provide room for coaches and officials working the meet.

TIMERS: for most meets, each team is assigned lanes to time and must provide two timers in each assigned lane. All parents should plan to take a turn timing in lanes assigned to MTS. No experience is necessary and timers have the best seat in the house! Please go to the deck to help out timing when a call for timers is made, the head timer will provide instructions before the session starts.

Parents will be emailed a HEAT SHEET meet program prior to the meet if the host provides and it will be posted on MTS meet page. The heat sheet tells you the event, heat and lane assignments for your swimmer's races throughout the meet. It may be helpful to younger swimmers to mark the event, heat and lane for their events on their arm with a Sharpie. If the heat sheet is not share prior to the meet, the host may be selling them at the meet and sometimes the heat sheet is available on Meet Mobile app.

Please seek out experienced MTS parents for any questions or help while at the meet. It is best not to interrupt the coaches and officials who are busy working the meet.

WARM-UPS: Swimmers must always enter the water FEET FIRST during warm-ups. The pool will be very crowded, swimmers need to be careful and mindful of other swimmers sharing the lanes.

Swimmers are not allowed to leave warm-ups until the coach has spoken to the group and dismissed everyone.

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After warm-ups, return to the team area to get dry and warm. Review your races for the day and determine when your first race is up. If you are swimming in the first couple of events, you need to go to the blocks right after warm-ups so you are there when the meet gets underway.

Be ready to show your team spirit, you should be spending most of your time resting in the team area or cheering for your teammates. Swimmers may visit their parents in the stands but should first check with a coach to make sure there is enough time between races to do so.

The event numbers will be announced during each heat and will also be on the scoreboard (if there is one). Swimmers need to constantly pay attention to what event is currently up so they don't miss any races.

It is the swimmer's responsibility to report to each race on time and ready to swim fast, it is important that swimmers learn how to do this. You need to report to the blocks and get behind your assigned lane several heats prior so you are there and ready for your race. Coaches will assist younger swimmers as needed.

Swimmers are NOT allowed to scratch or miss any races. If a swimmer accidentally misses a race, an MTS coach will try to get the swimmer into another lane if allowed by the meet referee.

RELAYS: coaches will pass out relay cards to swimmers selected for relays when it is time. Swimmers need to make note of the order, stroke and distance. Swimmers are not allowed to change the order of the relay.

Before swimming every race, swimmers need to see an MTS coach for last minute race advice, then go to their assigned lane to wait until their event and heat is called up.

Swimmers should not go behind the block unless they are about to swim a race, do not go to the blocks to hang out and talk with swimmers preparing for their races. The only swimmers who should be behind the blocks are those getting ready to swim a race.

Calm, steady breathing and "shaking out" the nerves will help you to stay loose and relaxed. Remember, relaxed athletes perform their best. Listening to music in headphones might also help you relax. Keeping warm at all times is very important. Keeping warm will keep you calm and your muscles ready to race. Good idea to wear your parka, warm-ups, team shirts, etc. to the blocks so you stay warm while you wait.

Be friendly to everyone behind the blocks. Wish your competitors and teammates "good luck" and try to take a moment to focus on the race at hand. This is the time to get mentally prepared for your race. Visualize in your mind everything you are going to do in the race and feel good about going for it.

FOCUS ON THE POSITIVES. Do not fill your head up with what won't happen or what you can't do, think only about what you are going to do—PLAY OUT THE PERFECT RACE IN YOUR MIND.

Do not worry about the outcome—LIVE IN THE MOMENT. FEEL GOOD. SMILE. YOU ARE GOING TO SHINE!

Your heat is up—get your goggles on! Take a deep breath...

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The starter official will blow the whistle – this means to walk up and stand behind your starting block. There will then be a 2nd longer whistle – this means to step up onto the starting block.

Carefully and calmly, step up onto the starting block and settle your toes over the front edge so you have a good grip to push off. Shut out the world and listen only to the starter...

The starter will say “take your mark” ... get into your starting position and HOLD STILL. A swimmer may be disqualified for a false start if they are moving before the start, it is very important to be still and balanced.

If a swimmer is fidgeting on their block, the starter might tell the swimmers to “stand up” which gives everyone a chance to regroup. If the starter says “stand up” calmly stand up, take a deep breath and return to your ready position, again listening for “take your mark” ... and then the starter will again say “take your mark” . . .

“BEEP!” The race has started!! Get off the blocks as fast as possible and dive into the water already racing... go for it and remember the tips your coach gave you!

Races are won and lost at the finish! When you come in for your finish, be sure to get your hand on the wall as fast as possible and HIT THE TOUCHPAD hard so you are sure to stop the timing equipment.

Congratulate your competitors with “good race” and a handshake or high five. Always show good sportsmanship before and after your races—whether you win or lose. It is unacceptable to display poor sportsmanship in any manner. Do not get upset after your race if it didn’t go as planned. Do not cry or make a fuss. Throwing your cap, goggles or slapping the water in disgust is unacceptable and will result in disciplinary action from your coach.

When you finish, your time and place will flash on the scoreboard (if there is one). Check with your timer for your time if there isn’t a scoreboard or if there was an equipment failure, your coach may ask you what your time was so be prepared to know the answer.

Report right to your coach after your race. Do not go cool down or go to your parents and friends until after you have visited with your coach.

Results are not official until they have been posted by the meet officials in a designated area where everyone can view them. Results may be viewable on your phone via Meet Mobile app, just remember the results are not official on Meet Mobile until DQ slips are processed and times are verified by the meet officials.

Officials monitor every race for any stroke and turn infractions. If a swimmer is observed doing something illegal an official will raise their hand and make note of the infraction on a DQ (disqualification) slip. The DQ is confirmed by the meet referee the swim is removed from the results due to a disqualification.

Keep in mind, DQs happened to swimmers of all levels and especially with newer swimmers still learning legal strokes and turns. DQs are coachable moments, opportunities for swimmers to learn from their mistakes and to work on corrective measures during practice.

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Do not get upset about a DQ, it happens to even the best swimmers. Best to put it behind you and move on to the next race. Coaches discuss DQs with swimmers at the appropriate time.

If you have a question about a DQ, ask the coach on duty—do not ask an official. Parents and swimmers are not allowed to talk to the officials about DQs or to interrupt them while they are on duty. MTS coaches will handle all inquiries and communications with the meet officials about DQs.

Cool down in the designated area if your coach directs you to do so. Then get back to the team to dry off, have a drink/snack and stay warm between races—and keep cheering for your teammates!

Drink lots of water throughout the day, sports drinks such as Gatorade are okay, but go easy on them. Please refrain from drinking sodas and other carbonated beverages. Swimmers are not allowed to drink energy “booster” drinks such as Red Bull.

Small snacks are okay – granola bar, bagel, pasta, fruit, anything not too “heavy” or greasy. If you have to swim soon then just have a small bite of something for a little energy. Most meets offer a concession stand, go easy on the sugar, candy and junk food.

Outdoor meets: dress to stay warm and dry, bring shade, mirrored goggles, lots of water, wear sunscreen and re-apply often.

Do not leave the meet without checking with a coach to make sure you are finished for the session.

Most importantly, be courteous and kind to all whether home or away, support your teammates and have fun!