



Pod Wire

FIRST MEET: Special Edition!!
May 18, 2009



Meet Essentials for 5/23

ARRIVAL TIME:

The home team always warms up before the visiting team, so be prepared to get up early on Saturday morning! Coach Sandy will send out a message telling you when you need to be at the pool, so watch for that!

LOCATION: Westover Hills Club

WHAT TO DO WHEN YOU ARRIVE:

Find your swimmer's age group (they sit together with the age group parent) and park your gear (towel, books, etc.). Help the age group parent to mark your swimmer's arm with his/her event numbers, including heat and lane, like this:

E = Event
H = Heat
L = Lane

E	H	L
#27	5	2
#68	10	3

Hint: put on sunscreen **AFTER** doing this

SWIM MEET CHECK LIST

- Sunglasses
- Sunscreen**
- Sharpie pen to mark your swimmer
- Chair**
- Camera with charged battery**
- Pop-up tent**, if you have one...
- Cooler with food & drink; OR
- Money to buy food & drink (there will be lots of great options)
- Zen attitude
- Heat Sheets – print `em at home!**
- Highlighter to mark your swimmer's races on the heat sheet

For the Swimmers:

- Goggles & Team swimsuit
- TEAM SHIRT AND CAP** (to be distributed at Thursday practice)
- Sweatshirt or warm-up suit
- Towel for drying off
- Another towel to sit on
- Books, puzzles, cards, games or other things to do

Swim Meet Vocabulary: "Heat sheet"

Once all swimmers from both teams have submitted their meet entries, a **heat sheet** is generated by the meet management software. For each **event** (an event consists of a specific **age group** and a specific **stroke**, e.g. **9-10 girls backstroke**) the software combines swimmers in the same event into "heats" of as many swimmers as there are lanes in the pool. For example, all 9-10 girls swimming the 25m backstroke cannot swim at the same time. The heats are designed to place swimmers with similar past times in that event into heats together. The heat sheet ("meet program") is the **program of swim events** in the order in which they occur. They show every heat and the names and lane of every swimmer in each heat. **Helpful Hint:** Some people highlight their kids' names in the heat sheet in order to avoid missing their swims.

Heat sheets for upcoming meets are posted to the website, usually the night before the meet.

PLEASE PRINT OUT YOUR HEAT SHEETS - THEY WILL NOT BE SOLD AT THE MEET!!

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