



## **SWIM MEET FAMILIARISATION**

Here is some things to think about if you are going to your first Masters swim meet or a refresher if you have not been for a while.

### **What should I bring?**

Togs, towel and goggles are essential. A chamois towel is good for multiple use. Depending on the location you may need a hat, sunglasses, a track suit or warm clothes, rain protection and a chair. Many clubs will set up a tent or marquee for their swimmers. Under co-vid protocols clubs will be allocated a specific space around the pool.

You can only wear one swim suit during your race but it can be handy to have a second back up suit in case of costume failure or cold wet weather.

### **Can I park at the front of the pool?**

Parking around pools can be a problem. Disability parking spaces go early. Give yourself time to find a park and be able to walk to the entrance.

### **Do I have to buy a raffle ticket?**

Many clubs use their swim meet to raise funds for the club. Buy a ticket and hope for the best.

### **Can I test out the pool before racing?**

There will be time before the meet to do a warm up. Talk to your coach about what warm up suits you. Different lanes of the pool should be allocated for different strokes and/or different speeds. Usually at least one lane will be set aside for practice dives/sprints. If you have not swum at the pool before it's a good idea to test the starting blocks and practice some turns.

### **Will there be programs available?**

A program for the meet which includes who is in which event, heat and lane will be available on the MSQ website before the meet to download and print. Familiarise yourself with the program so that you don't miss your event. Write your events on your arm if need be.

### **Where do I go for my race?**

Announcements will be made for what event and heats should go to the marshalling area near the starting area. Pay attention to what is happening.

### **How does a race get started and finished?**

A simple guide to Swim Rules has been developed or you can read the full set on the MSA website.

Swimmers can start on the block, on the side of the pool or in the water. For backstroke, all starts are in the water. False starts are not allowed.

The referee will blow their whistle for swimmers to get on the block. For backstroke, the first whistle is to get swimmers in the water, the second to get into the start position.

The Starter will say 'take your marks' and then activate the starting device – usually a buzzer.

At the end of the race the referee may do 2 short whistles to signal that swimmers should leave the pool. This should be by the side of the pool to avoid injury, damaging touch pads or obstructing time keepers.

At many meets the referee will ask swimmers to stay in the water whilst the next race starts above them. This is called 'over the top starts'.

### **Why are those people looking at me?**

Technical officials will be on pool deck to watch swimmers. At major meets swimmers may be disqualified for infractions. At smaller club meets the officials tend to give warnings about minor infractions. You can ask about a disqualification if you need to.

### **Who does the timekeeping?**

Masters meets rely on swimmers timing other swimmers. Please help out between your events. Most systems are semi-automated these days so it's pretty simple.

### **How do I know what time I did and I did I win?**

If the recorder is not too busy then results for each age groups usually get posted at the end of each event. Depending on co-vid restrictions, a printed version will be posted in a central location at the pool. Some meets have live results through Meet Mobile. Eventually they will appear on the MSA results portal.

### **Can I be in a relay?**

Your Club Captain will usually be responsible for organising any relay teams. Find out if you are in a team and the order and what stroke you will be swimming.

Good luck and have fun!