

## **SWORSA Swim Meet Information Sheet**

### **SWORSA**

The summer swim meets are run and organized by the swim teams of the South Western Ontario Recreational Swimming Association. Current members are Elmira, Fergus and Kincardine. SWORSA is an independent organization and is not connected to Swim Ontario or Swim Canada.

### **SWORSA Rules**

A copy of the rules and regulations which govern swimmers in SWORSA is available. There are also rules for the technical aspects of the organization of swim meets and the definitions of the strokes, starts, turns and finishes. If you wish to see a copy of them, please contact a member of the Executive. Questions or complaints about the displayed results, eligibility, disqualification, etc. should be directed to the swimmer's coach or a member of the Executive during the swim meet. It is much easier to sort out problems at the meet than days later.

### **Schedule of Events**

Each swimmer is allowed to swim in three individual events and two relay events. At practices before the swim meet coaches will ask swimmers which events they would like to swim. The relay teams are decided by the coaches when they know how many swimmers are attending the meet. In making up relay teams, they often ask swimmers to swim in an older age group and mix boys with girls.

### **Semi Finals and Finals**

To compete at the Semis, each swimmer must compete in at least one of the first two meets (preliminary). To compete at the Finals, swimmers must finish in one of the first eight places of the event at the Semis. If your child will not be attending Finals, please notify the coaches before the Semi-Finals.

### **Absences and Last Minute Withdrawals**

It is very important that you notify the coaches if your child is unable to attend a swim meet or if you must withdraw your swimmer at the last minute.

### **On Deck at Swim Meets**

Before each swim meet, swimmers and parents will be given information about the meets via email. Swimmers will be requested to arrive about 30 minutes before the warm up. The races start immediately after the warm up. During the meet, swimmer should stay with their coaches and the team in their designated area on deck.

Swimmers should not wander around the pool, as the coaches do not have the time to look for swimmers who are missing when their events are about to be marshaled (called up to be organized for the start of their event). If a swimmer does need to leave the deck, he/she should inform their coaches. Swimmers will be handed their time card just before being marshaled and should hold on to these cards very carefully until they take their position at the starting blocks at which time they will be asked to hand it over to the

timers or to an official who runs the card to the other end. If swimmers are unsure of what to do, they should ask their coaches.

### **Volunteers for Swim Meets**

The swim meets are run and organized by the host team. Each swim meet needs timers, result scribes, runners, a starter, stroke and turn judges, and marshals. All these jobs are done by parent volunteers and the jobs are allocated before the meets. A parent will be called upon by meet organizers to decide on a job that best suits you. Timing is usually the first job asked of a new volunteer. As a timer you are one of three per lane.

### **What to Bring to a Swim Meet**

Most important – bring your cheering voice and positive attitude!!

*Swimmers*-Swimsuit (plus a backup if you have one), lots of towels, healthy and nutritious snacks, goggles (plus a spare pair in case of breakage), swim cap (if worn), water bottle.

*Parents/Volunteers*- cool, comfortable clothing, deck shoes, water bottle, camera.

### **Results, Ribbons and Medals**

At every swim meet, the swim times of all competitors are displayed in chronological order on result sheets for each event. These will be posted somewhere around the pool or lobby, so if you cannot find them ask a coach. Check that that they make sense, because there have been errors in names, etc at past meets and corrections should be handled immediately. Follow the procedures for complaints outlined above. In many events, there will be several heats, but the individual heats are not displayed, only the list of swimmers in total who swam the event. Ribbons are awarded to the first eight swimmers in each event. Usually the ribbons are not handed out at the meet, but collected by a team representative at the end of the meet and give to the recipients at the next swimming practice. At the Finals, there is an awards ceremony after the swim meet where the top three swimmers in each age group are awarded medals on the number of points each swimmer accumulates during the meet. Swimmers who have broken SWORSA records are acknowledged and the team with the most points is awarded the championship cup. All Woolwich Wave swimmers are encouraged to stay for this and cheer for medal winners and record breakers. Ribbons are awarded to all swimmers, but these are not distributed during the awards ceremony. The Woolwich coaches usually hand out the ribbons while waiting for the start of the awards ceremony – it takes time to add up the points for the medals and to check record breaking times, please plan on waiting at least 30 minutes for the ceremony to start.