Swim and DiveTeam 101

Welcome to the Archer Swim and Dive Team! Swim is unlike many other sports. We have developed this document to help answer your questions and better understand the sport of Swimming!

Swimming is an individual sport with a team score. This means we do compete with a team total score against other teams. However, we really concentrate on each swimmer beating their OWN time or their "Personal Best (PB)" each meet. A swim competition is called a "meet." These can range from single team, dual, or tri team meets or larger meets with many teams. For our high school team, we usually have dual or tri meets with 1 larger meet (Cloudy Invitational) during the regular season. Following the regular season we have Gwinnett Swim and Dive Championship Meet (County) and the Georgia High School State Swimming Championship (State.)

Unlike most sports, swim meets are manned almost exclusively by parents. We have paid officials who judge the starts and legality of the strokes performed. Coaches coordinate the swimmers but meet scoring, set up, and timing are all normally performed by parents. Duties are usually split between the two teams. It can take up to 30 parents per meet to run effectively. Its important that each family fulfill their obligation. It's also a great experience to see your athlete up close and to be engaged during the meet

Key Volunteer Roles at Meets

*Timers: There are usually two timers on each lane (each from different teams.) Timers use stop watches to record the times of the swimmers. This is a BACK UP option to the electronic timer which is operated via touchpad in the pool. Training is provided at the pool before the meet starts, with a timer meeting. By volunteering for this role, you can be much closer to the action without getting your hair wet!

Console Operator: Training required. This position confirms the data recorded by the electronic touch pads. You also work closely with officials to help the meet run smoothly. This position has a front row view of every swim!

Computer Operator: Training required. This position works at the score table to help import the data from the timing console.

Verifiers: These positions work with Console OR Computer Operator to assist, double check and help with meet operations.

Runners: collects timing sheets from each lane after each event and delivers to the score table.

Other positions may also be needed: concession sales, dive scoring, dive announcer, videography.

Meet Terms and Things to Know:

Most of the pools we compete at are 25 YARDs in length. One lap (down and back) is 50 yards. Our practice facility, Summit Chase, is a 25 METER pool. It is slightly larger than a YARD pool.

At the coach's discretion, swimmers may be entered in up to 2 individual events and 2 relays or 3 relays and 1 individual event for a max total of 4 events. Relays consist of 4 swimmers per team.

Medley- this means each equal distance of each stroke swam in the same event. For Individual Medley (IM) one swimmer swims the event. The stroke order is Butterfly, Backstroke, Breaststroke and Freestyle. For Medley Relay each of the 4 swimmers swim one stoke each. Order of strokes: swimmer 1- backstroke , swimmer 2- breaststroke, swimmer 3- Butterfly, swimmer 4- Freestyle

Events include: 200 Medley Relay, 200 Freestyles, 200 Individual Medley, 50 Freestyle, 100 Butterfly, 100 Freestyle, 500 Freestyle, 200 Freestyle Relay, 100 Backstroke, 100 Breaststroke, 400 Free Relay and Diving.

Each gender is split into individual events. Within each event, there may be multiple "heats" (races.) All heats will be combined, and the times will be ranked by the fastest time overall. (It is possible to win a heat but not win the event if a swimmer in another heat had a faster time.)

 Heats- Depending on the number of swimmers in an event, an event might have multiple heats. A "heat" is the group of swimmers swimming in the pool at the same time. If there are more swimmers in an event than available lanes to swim in, we need to create multiple heats (or groups) for that event. For example, an event might have 15 swimmers total combined from each team. Only 10 can swim at one time due to only having 10 lanes. Consequently, 2 heats would need to be swam with 5 in heat 1 and 10 in heat 2 to complete the full event of 15 swimmers. Times are ranked by event. So, all times from all heats are combined and then ranked.

Heat Sheet- The heat sheet is the meet program. It lists each event and shows which swimmers are assigned to which heats and lane assignments. Swimmers should look through the heat sheet (posted by coach during warmups) to find their events so they can mark themselves with their Event Grid (see example below.)

Heat Sheet Example (NAMES BLACKED OUT for privacy, swimmers' names will be listed. This is from summer league; ages are not used for high school events.)

**Event-** number (#72) Stroke: 50yd Butterfly

Heat- highlighted in orange

Lane Assignment highlighted in green

SEED TIME: This is highlighted in blue, personal best time for the swimmer this season, NT means NO TIME. If an X is listed before the time means for scoring purposes the swimmer is listed as exhibition. (this can be due to team entry limits, times still count towards county and state cuts)

EVENT GRID:

For new swimmers, they should also list the event NAME next to the lane assignment (ex: 50 FREE.) That way they know WHAT they are swimming and the length until they are comfortable with event numbers.
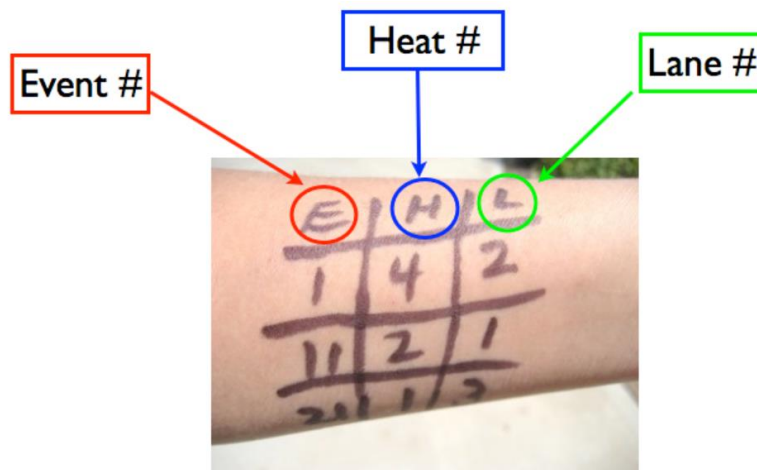
The above grid show this swimmer is in event #1, heat #4 and in lane #2

Their next event will be event #11, heat # 2 and lane # 1

RESULTS- When results are listed in Meet Mobile or posted locally at the pool, each swimmer will be ranked in order of achievement.   There are a few labels than can be used in place of the time achieved:

> **DQ-** "Disqualified" If I swimmer receives DQ for their time, an official determined that they made a stroke infraction and their swim did not count. They should see their coach to find out what the DQ was to help improve future performance. http://www.usaswimming.org offers videos and official rule books.

> **NS-** No Swim; no time was recorded for this swimmer (typically due to no show)

Its important that swimmers check results regularly during the meet to help identify potential errors prior to the meet end. Any errors should be reported to the head coach immediately.

DIVING: Diving is it's own unique portion of the meet. Each diver will compete in 6 dives which are then scored by a group of 4 officials and one of the county dive coaches. These scores are read off and recorded both on the diver's score sheet as well as in the computer. Each dive is assigned a degree of difficulty and that is used in the calculations along with the scores to determine each dive's score for each diver.

Some dive meets we have will include 11 dives and state may include 12 dives. These larger meets are held at other times than during our dual / tri /quad meets.

Diving is events 9 for boys and 10 for girls. We expect our athletes to remain quiet during this portion of the meet and only to cheer after the diver surfaces after their dive.

What to Bring:

Each swimmer should always have at minimum 1 extra pair of goggles and extra swim cap in their bag. It's also good practice to pack a practice suit in case of emergency. Water, swim towel (or 2), and light snacks are also suggested. Swimmers should also carry a "sharpie" style of permanent marker to mark their swimmer grid on their hand, arm, or thigh.

"County" and "State" Cuts- besides improving on their own personal best times, many swimmers also set the goal to qualify for county or state. If a swimmer hits the qualifying time or better, they may be eligible to swim in a championship meet. No qualifying time is required for Relays at County.

County

BOYS	EVENT	GIRLS
2:10.00	200 yard Freestyle	2:20.00
2:32.00	200 yard Individual Medley	2:42.00
130	6 Dives	130
200	11 Dives	200
26.00	50 yard Freestyle	29.50
1:10.00	100 yard Butterfly	1:18.00
59.00	100 yard Freestyle	1:06.00
6:05.00	500 yard Freestyle	6:30.00
1:12.00	100 yard Backstroke	1:18.00
1:16.00	100 yard Breaststroke	1:24.00
	All Times are listed in YARDS	

State

BOYS	EVENT	GIRLS
1:51.00	200 yard Medley Relay	2:07.00
1:55.00	200 yard Freestyle	2:07.00
2:12.00	200 yard Individual Medley	2:24.00
23.50	50 yard Freestyle	26.50
58.00	100 yard Butterfly	1:05.00
52.00	100 yard Freestyle	58.50
5:20.00	500 yard Freestyle	5:40.00
1:40.00	200 yard Freestyle Relay	1:53.00
1:00.00	100 yard Backstroke	1:06.00
1:07.00	100 yard Breaststroke	1:15.00
3:44.00	400 yard Freestyle Relay	4:12.00
	All Times are listed in YARDS	

Ways to "follow" the meet when not in attendance:

Meet Mobile- This is a Smart device APP that follows the meet scoring computer. Subscription is required to see results.

Find the current meet by searching MEETS NEAR ME or Search by your swimmer name. **It is our intention to run this at all meets where we are the HOME team. We believe it will be run by other teams as well. However, I would recommend if you are not yet a current subscriber to wait until the morning of our first meet. We will post on FB and Remind to confirm our connectivity that morning. You can instantly subscribe through your mobile provider and app store. (Pricing is around $6 a year, there may be monthly option as well)

Communication: Stay up to date by joining Remind: class code @archersd

Join our Facebook Group HERE

Follow us on Twitter @AHSwim_Dive

Instagram: @ahs_swimdive

Thank you for supporting your athlete and our team! Please do not hesitate to reach out to the Parent Booster Club if you have questions or would like to get involved.