



# SLEEPY HOLLOW SWIM TEAM



## WHAT YOU ALWAYS WANTED TO KNOW ABOUT MEETS!

### AGE GROUPS

(8 & Under, 9-10, 11-12, 13-14, and 15-18)

You are assigned to your age group based on your birth date. If, during the swim team season you have a birthday that will move you up to the next age group, you must move up to that age group at the next swim meet.

### EVENTS

The events (and their order) are as follows:

- Mixed Medley Relays
- Freestyle
- Backstroke
- Breaststroke
- Butterfly
- Individual Medley (IM)
- Mixed Free Style Relays

Girls 8 & Under swim first; then the Boys 8 & Under, followed by the other age groups in ascending order.

### RACE DISTANCES

8 & Under	25 Yards (1 lap)
9 and Over	50 Yards (2 laps)
15-18	100 Yards (Freestyle) 50 Yards (Other events)
All IM's	100 Yards (4 laps)

### RELAY DISTANCES

8 & Under	100 Yards
9 and Over	200 Yards

### NUMBER OF EVENTS

New 8 & Unders swim freestyle and backstroke only at meets.

All other swimmers may participate in up to 3 individual events (provided they have mastered the stroke) **plus** either or both relays.

The coaches pick the swimmers for the relays. Swimmers are notified on the morning of the swim meet if they will swim in a relay.

### IMPORTANT: SIGNING UP FOR MEETS

By the Tuesday prior to each swim meet, you must go to the team unify website to either:

1) Sign up each of your swimmers for the events they wish to enter.

### OR

2) Opt out of the meet if they will not be able to attend.

Please refer to the "swim meet registration process on team unify" link on the Sleepy Hollow website for more information.

If you have not verified your email address on team unify, please do so now because if you don't you will not receive our friendly reminders to sign up for meets.



# SLEEPY HOLLOW SWIM TEAM



## HEAT SHEETS

Heat sheets are a schedule of who is swimming what event, in which heat and lane is posted on [www.sleepyhollowseaslions.com](http://www.sleepyhollowseaslions.com) the day before a meet. The heat sheets are also posted on a board at the meet.

Bring a "Sharpie" marker to the meet and write the heats and lanes on your child's hand. For example, Freestyle, Heat 1, Lane 3 would be F-1-3 and Backstroke, Heat 7, Lane 5 would be Ba-7-5.

This really helps you get to the right place at the right time. There are Clerks of the Course at each lane to help the 8 & Unders line up for their races.

## MEET TIMES

Home meets usually start at 8:30 a.m. All 9 and older swimmers need to be at the pool earlier for warm ups. For the Practice Meet, warm ups will begin at 7:45 AM.

The start time for away meets can vary. Please look out for emails with information about away meets.

## SCORING MEETS

To determine who wins the meet, points are awarded as follows for individual events and relays:

- 5 points for first place overall
- 3 points for second place overall
- 1 point for third place overall

These points are added up and at the end. The team with the most points wins the meet.

At the end of your race, you may ask the timers for your time. Sometimes the time they give you will not be your final time. The final time is actually the average of all 3 times of the timers, and the computer will let us know your final time by the end of the meet.

You should only worry only about improving your times over the season. What place you come in does not matter!

## DQ's (DISQUALIFICATIONS)

No swimmer likes getting a DQ, but they happen. A swimmer will receive a DQ when the Stroke and Turn Judge sees an illegal move. For example, if a swimmer does not touch the pool edge with two hands during a turn in the butterfly or breaststroke, the swimmer may get a DQ and not receive a time for the race.

Disqualification slips will appear in the ribbon box. Each swimmer who receives a DQ slip should review it with their coach and discuss how to improve.



# SLEEPY HOLLOW SWIM TEAM



## **AWARDS**

Ribbons are awarded to all swimmers in all heats and events. Ribbons have a sticker on the back with the event, time and place. Please note that there are no ribbons at the Practice Meet.

## **BEST TIME RIBBONS**

A Best Time ribbon is earned when you swim a faster time than you have previously in the season. (Note that the Practice Meet does not count. A Best Time ribbon can only be earned after the second swim meet.)

You collect Best Time ribbons and can then earn stars, which can be sewn onto the back of your sweatshirt.

If you swim 2 individual events in a meet, you can earn a star once you have earned two Best Time ribbons. If you swim 3 individual events in a meet, you can earn a star once you have earned three Best Time ribbons. The ribbons do not have to be earned within one meet and they do not have to be for different events.

When you collect the correct number of Best Time ribbons, take your ribbons to a Coach and they will give you a star.

## **MEET RESULTS**

Meet results are posted at meets once all ages within an event have raced. Results can also be found on the Sleepy Hollow website within a few days of the meet.

## **ALL STARS**

All Stars is a league-wide system of recognizing and rewarding swimmers for achieving designated qualification times. Swimmers who achieve the designated qualification time in an event are invited to attend the All Star meet. Check the Sleepy Hollow website for the date of this year's All Star meet.

When a swimmer achieves an All Star time during a meet, an "a" is noted in the meet results.

## **CHAMPIONSHIP MEET**

The Champs meet is held the last day of the season at Indian Valley College. All of the teams compete and it is a full day event. All swimmers may compete. This meet determines which team wins the Marin Swim League so don't plan your vacation until after this weekend!" Check the Sleepy Hollow website for the date of this year's Champs meet.

## **ADDITIONAL INFORMATION**

Be sure to check [sleepyhollowsealions.com](http://sleepyhollowsealions.com) on a regular basis for team updates. The MSL website [marinswimleague.org](http://marinswimleague.org) is also a great resource for the All Stars and Champs meets.