



## THE DOLPHIN POD

### HOW MEETS WORK



### DEVELOPMENT vs. STANDARD MEETS

There are about 6 **Development Meets** this season and these are held for swimmers who do not possess an age 10 and under B time in a 100m event. A **B time** is a US time standard used by BASA and can be found on their website [basa.bm](http://basa.bm).

Swimmers may enter 2 events in a Development Meet and these meets are generally held following a Standard Meet.

There are about 9 **Standard Meets** this season for swimmers who possess a B time in any 100m event. The exception to this is the Nationals meets in which swimmers must possess a B time in their age group. Swimmers may enter 3 events or more depending on the meet.

### BEFORE THE MEET

A sign up of the meet will be sent out. Once signed up, the coaches will choose your swimmer's events and DST will enter your swimmer. Once the entries are made, you will receive a **psych sheet** showing all of the swimmers in each event.

The day before the meet, you will receive the meet schedule. This will likely change again the day of the meet as swimmers are **scratched** or drop out of/don't show for the meet.

### AT THE MEET

Most meets are held at **BASA POOL**. Expect to be on deck and ready to swim an hour before the start time of the meet. The Head Coach will send out the time to be at the pool. If your swimmer is not on deck, or has not contacted the swimmer's coach or the Head Coach within 10 minutes of that time, your swimmer will be scratched. Scratches close at the meet approximately 45 minutes before the start of the meet and after that "no shows" are charged \$50 per event by BASA. There will be a 20-30 minute in pool warm up for the meet.

Events are called by their event number. Swimmers will then proceed to the far end of the pool where they will wait on benches for their event to be called to the blocks. Parents may not go up with their swimmer. Unless we are told otherwise, swimmers may not bring up clothes or towels.

After the race, your swimmer will come back to the team. Your swimmer should come and see their coach first and their parents second. Parents, please also refrain from "coaching" your swimmer or giving them race tactics. This can be confusing for the swimmer when it contradicts their coach.