



COPPERFIELD CROCS SWIM MEETS

What to expect during the swim season

THE SEASON:

The Copperfield Crocs' season consists of:

- Six weeks full of fun, swim, camaraderie and grit from the last week of May through the second week of July.
- Three home meets at the Copperfield pool, two away meets, one BYE week, and the two-day conference championships (at Firebrook).
- Daily swim practices to improve, enhance and perfect swim skills.

SWIM MEET BASICS:

HOME MEETS:

- Warm ups begin at 4:30; swimmers expected to be at the pool by 4:20, ready to go!
- Swimmers can set up a chair on the deck with all their belongings at this time. Parents cannot enter the deck until setup is complete and the gate has been opened.
- Swim meets have a "theme" which often includes dress up ideas and photo opportunities. Allow time for pictures, gatherings, etc. before warm ups begin at 4:30.

AWAY MEETS:

- Warm ups begin at 5:20
- Arrive and check in with coaches by 5:00
- Stretch and be ready to get in the pool
- *If you know there is a meet your swimmer will not be able to attend, make sure to sign them out in the Sign Out Binder (or let a coach know) as soon as you can!! The sign out binder should be available at practice every day. Ask a coach if you can't find it.

LATEST CROCS UPDATES:

To sign up for our group text system, please use the numbers below:

- For Mini Croc info, text @minicroc to 81010
- For 6 and under info, text @ages6un to 81010
- For Ages 7 & 8 info, text @ages7 to 81010
- For Ages 9 & 10 info, text @ages9 to 81010
- For Ages 11 and up info, text @ages to 81010

MARKING YOUR SWIMMER FOR A MEET:

- On the Heat Sheet (which is sent out by email either the day before or day of the meet), you will find races marked by Event, Heat, and Lane numbers. For example: Event 10: Girls 10&u 25 Freestyle, Heat 2, (grouping of swimmers per event), and Lane 3 (swimmers are assigned lanes to swim).

How to mark swimmers

Read heat sheet: Find all of your events.

#12 Girls 7-8 freestyle (Event) (Stroke)

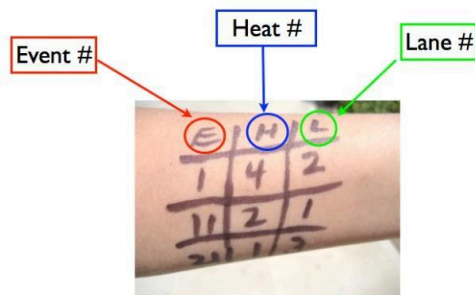
Heat 1 of 3 (Heat)

Lane 3 Ann, Smith 7 21.12 (Lane)

4 Jill, Jones 8 22.23

Write on arm or leg:

(Event)	(Heat)	(Lane)	(Stroke)
E	H	L	S
12	1	3	F







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

WHAT TO PACK FOR A MEET:

****PLEASE NOTE IT IS ALWAYS BETTER TO BE OVER PREPARED THAN UNDER PREPARED FOR A MEET**

- Team or black swimsuit 
- Swim cap
- Goggles and a back up pair 
- Towels (recommend 2-3 per swimmer)
- Sunscreen
- Heat sheet (print your own)
- Highlighter and permanent marker
- Water bottle 
- Healthy snacks
- Camping chairs and/or a blanket for your kids to sit on
- Sunglasses and/or hats
- Warm clothes (swimmers can get cold; hoodies, sweatpants, etc) 
- Concession money (some take Venmo or card, but always best to have cash on hand!)
- Cards, games, books, things to entertain in between races
- Great attitudes!!
- Fast swims!!



Event	Heat	Lane	Swimmer	Time
1	1	1	Ann, Smith	21.12
1	1	2	Jill, Jones	22.23
1	1	3