

STOWE SWIMMERS WINTER SEASON 2012 MEET SCHEDULE

Friday	October 21	GMA - Vermont High School Meet St. Michael's College, Colchester, VT
Sunday	October 30	GMA - IMX Challenge St. Michael's College, Colchester, VT
Friday-Sunday	December 9-11	UVAC - Team Specialty Upper Valley Aquatic Center, White River Jct., VT
Friday-Sunday	January 6-8	GMA - Team Specialty St. Michael's College, Colchester, VT
Sat & Sun	Jan. 21-22	St. Johnsbury, VT
Sunday	February 5	GMA-Team Specialty St. Michael's College, Colchester, VT
Friday-Sunday	February 10-12	New England Regional Championships Location TBD <i>(Qualifying Times Apply)</i>
Thurs-Sun	February 23-26	12 & Under Age Groups Championships Upper Valley Aquatic Center, Whiter River Jct., VT <i>(Qualifying Times Apply)</i>
Thurs-Sun	March 1-4	13 & Over Age Groups Championships MIT, Cambridge, MA <i>(Qualifying Times Apply)</i>
Friday	March 16	Stowe Swimmers Home Meet The Swimming Hole, Stowe, VT

This schedule is subject to change and some locations are TBD.

SWIM MEET PROCEDURES

Before the Meet Day

All meet info will be posted on the Swim Club Board including sign-up details & deadlines, meet fees, and meet check-in times.

All sign-ups must accompany payment at the front desk.

Coach will communicate with parents and swimmers via Blog & email regarding meet specifics; parent work duties, warm-up times, meet & event location protocol.

Families provide their own transportation to and from meets, car pooling is encouraged, however traveling with the coach is not permitted.

At the Meet

To know what event, heat, & lane your swimmer will compete, look for a heat sheet posted on the wall and locate your swimmer's name. Help your swimmer write their race details on their hand! Come prepared with event name & number!

Parents are not permitted on the deck unless reporting for Parent Work Duties. Please communicate with your swimmer a meeting spot off the pool deck.

Swimmers are seeded in competition according to their entry times. In each event the heats are arranged to start with slowest seeded and fastest swimmers in the last heat.

Swimmers need to check in with their coach for advice and feedback before and after each race.

At the start of the event, swimmers need to report behind their lanes and give the timers their names and get ready to compete.

A series of short whistles before each heat will instruct the swimmers to stand behind their blocks. A long whistle will instruct the swimmers to step up onto the blocks and be ready for the starter's command. The starter will give his/her command and the starting horn will sound.

The coaches handle all protests of swimmers' disqualification. Parents and swimmers are not to approach an official over a disqualification matter. Talk to the coach and he/she will go through the proper channels.

Each meet venue will have its own rules, policies, and procedures. Please listen to the meet director announcements and review the meet information provided by the coach before the meet.