

## Swim Meet Event Selection FAQs

### Goals:

- We love to race! Racing showcases swimmer progression; coaches will modify practices to focus on areas for performance
- Racing is about self-improvement
- We compete “with” our competitors; not “against.” Competition helps all to improve!
- We want our swimmers to race all events throughout the season!

### What is event selection in a swim meet?

Event selection refers to choosing which races a swimmer will compete in during a swim meet. This typically includes all strokes: freestyle, backstroke, breaststroke, butterfly, and distances ranging from 25 to 1650 yards depending on age and meet format.

### How do I know which events I'm eligible for?

- **Age Group:** Events are typically divided by age brackets (e.g., 10 & under, 11–12, etc.).
- **Qualifying Times:** Some meets require swimmers to have achieved certain time standards.
- **Coach Approval:** Your coach may recommend or restrict events based on your training and goals, time of the season, etc.

### What should I consider when choosing events?

- **Stroke:** Choose events that match stronger events, first; then select events you want to try, or haven't raced recently.
- **Endurance vs. Sprint:** Consider short or longer distances.
- **Meet Goals:** Are you aiming for personal bests, trying a new stroke, or qualifying for championships?
- **Event Spacing:** Ideally, avoid back-to-back races to allow for ample recovery time.

### How many events can I enter?

- Most meets allow **3–5 individual events per day**, but this varies by meet.
- Check the meet announcement for limits on entries and relays.

### Should I ask my coach for help?

Absolutely! Coaches can guide you based on:

- Your recent practice performance
- Long-term development goals
- Strategic planning for championship meets

Try new strokes or distances?

Yes! Swim meets are a great opportunity to explore:

- **New strokes/events**
- **Longer distances**
- **Unfamiliar events** to broaden your experience

What if my events are too close together?

- Review the meet event order
- Try to minimize selecting events that are back-to-back.
- Coaches can help you balance recovery time between races.

What do Coaches review before final approval?

- Coaches review events for the following: to enter events swimmers have been preparing for during training, to make sure athletes try new events (when appropriate/ready; swimming the same events over and over can have negative effects,) to assure events are in the correct sessions (can confuse when there are "open" events and age specific in different sessions,) and to make sure events are spaced appropriately.
- Evaluate other meets and opportunities and spread out events over multiple meets to ensure a wide range of events are swum while also being cognizant of "cuts" that want to be made by a certain time period.
- Each meet has a goal in mind - is it a best time? is it a new event? acclimating to the endurance required to swim multiple times in a session? More strategic thought processes than just wanting a best time for their favorite event over and over again!?

How are relays entered?

- Coaches choice based on the following
  - Championship meets
  - Historically announced at the meet
  - Who is eligible
  - Who is entered in the meet/session
  - Who is performing well the day of the event and leading up to the meet
  - Stroke of the relay

What is "Timed Final" or "Prelim/Final" in reference to a meet?

- Timed Final meets are more the norm where a swimmer competes in their session
- Prelim/Final meets have preliminary sessions with a goal of qualifying (based on place,) in a "Finals" sessions,
- JAC swimmers are expected to compete in finals sessions when they qualify.
- Parents are necessary for timing at sessions their swimmers are entered as well as Finals sessions competed

What is the entry process?

Meet is sanctioned and distributed to Teams

Teams import meets and ready for distributing to their Team

Meet entry announcement is emailed to families with a deadline for entry allowing coaches enough time to process (The meet entry deadline is typically the date and time entries open!?)

Families select events

Coaches review/approve events and export to host Team

Host Team accepts/declines Team entry