



## Attending Open Meets - Some Useful Information

### Arrival

**Aim to arrive 30 minutes before your warm-up start time.** You will need to be poolside for the start of warm-up.

**Warm-up times** are published on the meet website - if you are unsure then ask your coach before the competition.

Swimmers will be accompanied throughout the meet by a coach and/or team manager from the club. This means swimmers must let the coach / team manager know where you are at all times, as we are responsible for your safety.

### What will Swimmers Need to Bring?

It will be easier if swimmers **arrive swim ready**, with long hair tied up, as they do for training. The changing rooms will be available but may be busy.

**Goggles** (plus a spare if you have one)

**Spinkhill swimming cap** (any cap if you don't have a Spinkhill cap) and a spare cap if you have one

**Spinkhill Club T-shirt** if you have one or any t-shirt you can wear poolside

**At least 2 towels**, preferably 3 if you are swimming in multiple events. You will want to take one poolside for after warm-up and to dry off after each event. You will need one to dry off before going home.

A **packed lunch** if you are there for the day, and plenty of healthy **snacks** and **plenty to drink**. No nuts or products containing nuts please. Remember that the food you eat is your fuel for the race, so try to eat healthily and avoid foods which are very high in fat or sugar (e.g. crisps and sweets).

**Poolside Shoes** as we will be sitting in the hall, you will need to take some poolside sliders/flip flops or crocs for walking from the hall to the pool and back.

**A large drinks bottle to stay hydrated.** It is surprising how much fluid swimmers lose through a day of competing, so sipping your drink throughout the day will help you keep at peak performance. No fizzy drinks are allowed - the best drink is water, although non fizzy squash is fine, and swimmers can add a hydration tablet to their water if they wish. You will more than likely need to refill your bottle several times during the day.

**Something warm to wear** between races. For example, Joggers, a hoodie, a onesie or a t-shirt & shorts

**Dryside clothes** for travelling home in.

**Something to do.** If you are there for the day, there may be long wait times between your events. Bring a book, a game, crosswords etc

**A camping chair** will be more comfortable to bring a camping chair to sit on rather than the floor, however check that these are allowed as different pools have different rules on this.

## Events on the day

Swimmers will be put into heats according to their entry time so that as much as possible, swimmers with similar times will swim in the same heat. This may mean that the heat will contain a mix of age ranges. It also means that winning a heat may not necessarily mean you have won your age group as there may be other swimmers in your age group in earlier or later heats. Therefore, you may not know where you have placed until all the heats for an event have been swum. Some events are “Heat Declared Winner”, meaning the results are determined from the times swum in the heats, whilst other have finals which the fastest swimmer in each age group will qualify for.

Live meet results are usually available on the website of the club which is hosting the meet.

**Withdrawals** – If you are not able to attend a race which you have entered you must withdraw, usually before the start of the first warm up of the meet. Instructions on how to do this will be on the website of the club hosting the meet. Please also let your coach and team manager know as a courtesy if you are unable to swim.

## Spectators

Spectator tickets are usually available to buy. Check the website of the club hosting the meet well in advance, as for some competitions where space is limited, or demand for tickets is expected to be high, tickets are sold online in advance and may not be available on the day. It can be very warm in the spectator gallery, so dress accordingly.

## The Race

The team manager will tell you when you need to go for your race, so make sure you always tell them if you are leaving the group. At competitions where your coach is present, you should always **speak to your coach before you swim so that they can discuss your Race Plan with you**. After your race, you should both:

1. **Speak to you coach straight after your swim**, so that you can get feedback on how the race went and any areas in which you can improve next time.
2. **Swim down** in the swim down pool (if one is available), as this will help you to recover and give you the best possible chance of performing well in your next swim.

## After The Meet

If you have swam well and achieved one or more PB (Personal Best) times, than well done! If you haven't, then treat it as a great opportunity to learn. There is no such thing as a bad swim, as even those which are not as fast as you'd hoped are a valuable experience and, by talking with your coach, you will be able to learn from them and hopefully swim faster next time. You'll also enjoy the next great swim far more if it follows a disappointing swim - just look at Adam Peaty's 50m Breaststroke win at the Commonwealth Games, following his disappointment in the 100m, so see an example of this in a world class swimmer!

**Whatever the result, remember the competition was just one step on the fantastic journey which is your swimming career, and hopefully a day with plenty of positive experiences which you will remember for years to come!**