

8&U Survival Guide

When to Get There

Saturday Meets: (9:00 a.m. start time) Home meets - 8:00 a.m. warm ups; Away meets - 8:30 a.m. warm ups

Wednesday Meets: (5:30 p.m. start time) Home meets - 4:30 p.m. warm ups; Away meets - 5:00 p.m. warm ups

What To Do

When you arrive at a meet, please check in with the Shepherds to find out what strokes your child is swimming and to have their hand marked (examples to follow). The Shepherds will be near the front gate during Home Meets and near the team area during Away Meets. Be sure to also check the Meet Schedules to verify what they are swimming. The Meet Schedules are located on the bulletin boards near the desk at Dewing Park. They will be on the travelling bulletin boards near the team area at Away Meets. You can also purchase a Meet Program subscription for the entire season so you will always have one on hand at each Dual Meet.

Hand Abbreviations

At check-in, the Shepherds will mark your swimmer's hand to show what events they are swimming. The markings will indicate each event, heat, lane, and relay position, in that order.

Examples: MR 1/1/4 = Medley Relay, Heat 1, Lane 1, 4th Swimmer (Freestyle)
Fr 1/7 = Freestyle, Heat 1, Lane 7
Bk 3/5 = Backstroke, Heat 3, Lane 5

Order of Events

The order of events is usually as follows:

MR - Medley Relay (Back, Breast, Butterfly, Freestyle)
FR - Freestyle
BR - Breaststroke
BK - Backstroke
FL - Butterfly
IM - Individual Medley – 6&U do not swim IM
FRR - Freestyle Relay

Keep in mind that non-conference dual meets may have a different event order. Please double check the Meet Schedule or ask the Shepherds!

For each event, girls swim first and then boys in the following age order:

6 & Under
7 & 8
9 & 10

11 & 12
13 & 14
15 - 18

Where To Go

After warm ups, the coaches gather all the swimmers for the team cheer. The 6&U's and 7&8's swimming the first event should be ready to line up at this point. Once the meet is in progress, the Shepherds will ring a cowbell to signal the 6&U and 7&8 swimmers to line up for the next event. 6&U and 7&8 swimmers start at the end of the pool opposite from the timers. Upon hearing the bell, please bring your child to the starting area swim ready - having used the bathroom and with cap and goggles on. Once your child is in line, they **MUST** stay in line. Sometimes it may seem like they are in line for a long time. It can be hard for the kids to keep still and keep their hands to themselves. Any help you can provide by staying near your child is appreciated.

A note on relays - Four children swim in each relay. They are lined up in the order they will swim. Swimmers listed as numbers 1 and 3 line up at the end where the timers are seated. Swimmers listed as numbers 4 and 5 line up at the end opposite from the timers. In the Medley Relay, each child swims a different stroke. Please make sure your child know what stroke they are to swim. In the Free Relay, all children swim freestyle. If you are planning to leave a meet early, please double-check that your child is not scheduled to swim a relay, or as an alternate for a relay. If one swimmer is missing, the whole relay has to scratch if no substitute can be found in time.

Final Thoughts

If you have any questions, please ask the Shepherds. They are there to help our younger swimmers, and their parents, learn how to navigate the swim meets.