



# Lightning Swim Team Swim Meets

The Pool School Lightning Swim Team, competes in the Memphis Swim Conference (MSC), a group of similarly structured teams in the Mid-South. Meets are held once a month in the fall/winter and biweekly in the summer. Each season culminates in a championship meet. Meets last between 2 and 3 hours, with the championship meet lasting all day. This league is focused on the entry-level athlete and is a great place to begin a swimming career or just have fun. Informal USA Swimming rules and regulations followed.

**Mid-South Swim Conference Seasons:** See [Lightning Swim Team Calendar](#) for dates and locations.

**Fall/Winter** Meets are held once a month from September thru January. Entry Fee \$5.00 each.

**Summer** Meets are held biweekly from June thru July. Entry Fee \$5.00 each.

## Mid-South Swim Conference Championships Meet:

At the end of each season there is a Championships Meet held in Tunica, MS. See [Lightning Swim Team Calendar](#) for dates.

Tunica MS Aquatic Center ~ 1165 Abbay Dr, Tunica, MS 38676.

Warm-up 8:00am, Meet 9:00am

Entry Fee \$20.00.

Current USS, Southeastern Swimming and MSS rules will govern the meet.

## How do I sign my swimmer up for this meet?

If your swimmer would like to attend a meet, you must:

Declare their intention by selecting the swim meet date/time from The Pool School online calendar during the registration period.

After selecting a swim meet listed on the calendar, complete the online entry. Coaches will choose appropriate events for each swimmer and submit entries by the deadline set by the MSCC. Please have all entries submitted no later than 9:00PM 4 days prior to the meet. Don't forget to check e-mails regularly for important updates regarding the meet.

Entry registrations can be made via The Pool School Calendar or Customer Portal.

The cost of the swimmer's meet fees will be charged to your student's account.

**SWIMMER'S REGISTRATION FEE:** A \$5 registration fee for each swimmer, is payable at the time of a swimmer's entry for the meet. Championships meet fee not included.

**CHAMPIONSHIP MEET FEE:** Championships meet is a per event fee established by the host club (typically \$20.00).

# Before the Meet

**Rest** - Getting a good night's rest before a meet will make a difference in performance.

**Eat well** - Avoid big meals or over-eating in the night before and the morning of a meet. Doing so will almost certainly make your swimmer feel uncomfortable and lethargic the next day.

**Find the pool** - Meets are held at different locations around the Mid-South. The address of the pool location is included with each entry form. Please map out your route to prevent arriving late.

## **What to Bring (LABEL EVERYTHING!)**

- Swim cap and suit (preferably a tight-fitting suit without embellishments)
- Goggles
- Sharpie®
- Two or more towels (keep a dry one for after the meet)
- Folding camp chairs or blanket
- Food: fruit, fiber bars, bagels, oranges, melon pieces, healthy snacks
- Drinks: water, juice, Gatorade, Powerade
- Spirit Poster – Homemade posters that encourage and cheer your child during their events.
- Camera – see more about using your camera flash below
- Entertainment Items: For all the time between events, bring: DS, iPod/iPad, games, books, cards, Kindle. Siblings need food and entertainment, too.

# Upon Arrival

- **Be on time! Warm-ups begin well before the meet start time.**
- Mark your swimmer with a Sharpie! (see below)
- Swimmers report to coaches.
- Stake out deck space for your seating – at home meets LIGHTNING parents/spectators sit on the bleachers.
- Coaches will give instructions regarding warm-ups.
- Team will warm-up together.
- Shout out team cheers.

## Writing on your Swimmer? ...and Why?

### Two reasons...

1. To identify your swimmer parents should write on your swimmer, using a waterproof marker (Sharpie), write your swimmer's last name and age on his/her shoulder.

Example: **LASTNAME**  
**7**  
*Eat My Bubbles*

2. The Coach will write a grid/chart on their arm (or leg for tiny arms) showing the event number, the heat number, the lane number, and the stroke/distance...for every race they are going to swim.

E	H	L	Stroke
11	3	5	25 Free
33	3	2	25 Back

E is for the **Event** number

H is for the **Heat** number

L is for the **Lane**

## The Meet

### Swim Meet Protocol

- Behind the blocks is a no-no. Only swimmers, coaches and officials are allowed behind the blocks.
- A margin around the pool is necessary for meet officials and coaches to move around the pool. Please do not put your chairs in the pool deck area used by officials and coaches.
- Please keep your cheering comments, posters, and Sharpie body art positive.
- Volunteers are punctual and ready to work. Please contact our office, to volunteer.

### Flash Pictures (can be a no-no)

Many swim start systems use both a horn and strobe light to start a race. We typically use a horn start signal but some swimmers are conditioned to start on the strobe. Camera flashes look exactly like the start strobe and can confuse swimmers into a false start. DO NOT take flash pictures after the starter has called "Take your mark." (Some host teams prohibit flash photography at any time while the swimmers are on the blocks.)

## What's the Difference between an EVENT and a HEAT?

### The Event:

An event is the name of the “race” that a swimmer is entered in. Events are identified by a number. Generally, even number events are boys events and odd numbers are girls. The event number is followed by the stroke/category and age group. In the MSS Swim League there are six stroke/categories of events: Freestyle Relay, Medley Relay, Freestyle, Backstroke, Breaststroke, and Butterfly. There are seven age groups: 6 & Under or 8 & Under, 7&8, 9&10, 11&12, 13&14, 15-18.

*Examples:* Event 25 Girls 9-10 25 Yard Breaststroke  
 Event 36 Boys 7-8 25 Yard Backstroke

### The Heat:

Many swimmers are entered into each event. In some cases, there may be as many as 30 or more swimmers competing in the same event. In a six-lane pool, there is no way to swim all the entries in any event head-to-head at the same time. Instead the event is broken up into heats. The number of heats is determined by the number of swimmers and the number of lanes in the pool. In a six-lane pool, a 30-swimmer event would be divided into five heats – six swimmers in each heat. It is important to remember that all swimmers in a single event are competing against each other. Times for all heats in an event are tallied together. The fastest time out of all the heats wins the event.

Lightning Swim Team  
LST

HEAT 2/2 EVENT# 43

LANE 8 ENTRY TIME NT

Name  
First Kate Last Hurdle

Age	Distance	Stroke
5-6	25	Free
<u>7-8</u>	50	Back
9-10	100	Breast
11-12	200	Butterfly
13-14	400	<u>IM</u>
15 & up		Free Relay
		Med. Relay

TIME

Minutes	Seconds	10ths
<u>2</u>	<u>17</u>	<u>24</u>

Points

PLACE

*Swimmers receive a Yellow Event Card from the Clerk of Course when their event is called. The swimmer gives their card to the Timer when they arrive at their lane to swim the event.*

## Order of Events

1. 6 & Under Freestyle Relays
2. Medley Relays - Each leg of the relay swims one of the four strokes. The first swimmer swims backstroke, the second breaststroke, the third butterfly, and the final swimmer, freestyle.
3. Freestyle events- Swimmers may swim any stroke, but the stroke most commonly used is the crawl, which is characterized by alternate overhand motion of the arms and an alternating (up and down) flutter, or scissor kick.
4. Breaststroke events- Consists of simultaneous movements of the arms on the same horizontal plane. The hands are pulled from the breast in a heart shaped pattern and recovered under or on the surface of the water. The elbows remain under the surface of the water except at the finish. The hands cannot be brought beyond the hipline except the first stroke after the start or turn.

The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously, with shoulders in line with the surface of the water.

5. Backstroke events- Swimmer must remain on the back with an alternating motion of the arms with a flutter kick. The swimmer must touch the wall while on the back. A backstroke flip turn is not allowed in MSS swimming.
6. Butterfly events- Some consider this to be the most beautiful of the strokes. It features a simultaneous overhand stroke of the arms combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissor or use the breaststroke kick. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously.
7. Individual Medley (IM) events - Features all four strokes. In the IM, the swimmer begins with the butterfly, then changes to backstroke, then breaststroke and finally freestyle.
8. Freestyle Relays - Each swimmer swims one quarter of the total distance of the event. Swimmers may swim any stroke they like, although the freestyle (crawl) is preferred.
9. CRESCENDO relay – Usually the last event of the meet scores ONE point for the winning team as a tie-breaker in case of a tie score. No other points are awarded in this event (1-0-0 scoring), so it can provide a great deal of excitement if the meet score is tied. Each relay team consists of one swimmer from each age group swimming 25 meters/yards (6x25). Each team may enter only one crescendo relay.

## Swim Distances

MSS Swim League is a “short course” competition, meaning we swim in 25 Yard or 25 Meter pools. The swim distances are divided by age group:

- 25 meters/yards for 10 & Under age group
- 50 meters/yards for 11 & older age groups

### Scoring

- Individual events are scored 6-4-3-2-1 (1st = 6 points, 2nd = 4 points, 3rd = 3 points, etc.)
- Relays are scored 9-5-3 (1st = 9 points, 2nd = 5 points, 3rd = 2 points)

## Ribbons

Ribbons are presented to 1st through 6th place finishes. Heat Winner ribbons are also awarded to the fastest swimmer in each heat.

Meet Entries Maximum number of events an individual swimmer may swim per meet is 3 individual, 2 relays (not including the CRESCENDO relay).

Reference: <https://www.usaswimming.org/docs/default-source/rules-regulations/2017-rulebook.pdf>