



Frequently asked questions about external meets

1. What is a qualifying time?

Is a time that the swimmer must be equal to or faster than to enter a race. If you do not have a qualifying time you can not enter the race.

2. What is a break time?

This means the swimmers must be slower than the break time to enter time to enter. Break times are used in development meets. These meets are for the less experienced racer.

3. What is an “official” time?

These are times that are NOT swim club times or school carnival times. “Official” times are swum at external swim meets where there are qualified officials. Official times are then passed on to NSW Swimming and are logged in their data base. Meets require on “official” entry time to enter the meet so please use these times for entries and not swim club or school times.

4. My child is just starting out and has no “official” times to enter a meet. What do I do?

You will need to enter a meet with no qualifying times or swim at the Leichardt Swim Club “official” meet. Meets with no qualifying times are available close to the beginning of the summer (long course) season, around September, or the beginning of the winter (short course) season, around May. These meets are essential for new swimmers, as well as swimmers who may need to update their times from the

previous season to compete in a new age group. The Leichhardt Swim Club “official” meet is run once per season so swimmers can register “official” times.

5. How do I keep track of swim club times?

Go to recent events on the swim club website. A list of all meets and times are available.

6. How do I keep track of external meet times?

NSW Swimming website: All external meets results are stored in the Australian Swimming National data base. The NSW swimming has a great link on their website called RESULTS. This links you to the National Data Base. Go to the results link and type in your surname, comma, first name. Results from external meets are listed. This link will also provide you with the meet name and date at which a result was achieved. You will need this information when submitting an entry form.

nsw.swimming.org.au

Another PB: A great website that tracks swimmers results for all external meets. The website will also give you the swimmers personal best times.

www.anotherpb.com

MeetMobile App: Some external meet results are available LIVE on the MeetMobile App. You can search for the meet you are competing in. The App does most external meets available. Check out the App. It is a great way to get instant results!

7. Does the coach keep a list of every swimmers times from club and external meets?

No. The onus is on the parent to keep track of the swimmers times throughout the season.

8. Who is MetSEA?

The Area was formed on 12 March 2008 and is an amalgamation of the City of Sydney District Swimming Association Inc. Eastern Suburbs Swimming Association Inc, St George Sutherland District Swimming Association Inc and part of Western Suburbs Swimming Association Inc.

The Area considers that its major focus should be on Development. Therefore it will run Development Squads annually for eligible members of the Area.

The Area runs Summer and Winter Championships, Speedo Sprint competitions and Development meets.

9. How do I know when external meets are on?

A meet calendar is emailed by the Squad Head Coach to Swim Club members, and is posted on the club website and notice board regularly. This internal meet calendar is an amalgamation of upcoming NSW Swimming and MetSEA meets. It is designed to make information pertaining to meets very clear for members to understand. However meets are added to both the NSW Swimming and MetSEA websites regularly, and can be missed on the meet calendar.

To keep track parents and swimmers should go on to the NSW Swimming website weekly and check for upcoming meets. Meets can be found on the CALENDAR link on the website. Click on the "program" next to the meet, and you will see the races offered at that meet, and the qualifying/break times, where applicable, that swimmers must adhere to.

The meet calendar emailed to members includes whether a meet has coach support or not, and provides the closing date for entries for Leichhardt Swimmers.

10. How do I keep track of MetSEA meets and information?

The MetSEA website has a list of upcoming MetSEA meets and training camps. Check this weekly to keep up to date.

11. How do I enter a meet?

To facilitate the entries for carnivals all members should spend a few moments reading the back of the race entry card where you will find how to fill in the card. A sample external meet entry card can be found on the club website

The following is a few essentials and hints to assist with the race secretary's job and ensure your entries are submitted as you request.

Manual entries (using the pink & blue NSW Swimming cards)

Read the meet programme and ensure that your swimmer is eligible for the events they want to swim. Check that you have met qualifying times or break times. Meet programs are on the Leichhardt Swim Club website and can also be found on the NSW swimming website or the MetSEA website for MetSEA meets.

All the details at the top of the card must be completed. This includes the ID number. The ID number is your membership number which is issued to you at the beginning of the summer season on a NSW Swimming card by the registrar. It does not change from year to year. If you don't have this number, contact the Club Registrar.

Please ensure you put the name of the qualifying carnival as well as the date and venue. This information is easily obtainable from the National Database which is accessible on www.nswswimming.com.au/results.

Times must be official – you cannot use club times unless a referee was present. Entries should be submitted through the race secretary.

Entries must be submitted **on time as per Leichhardt Swim Club Website.**

If a carnival you wish to submit entries in is not on our website, cards must be submitted **5 Mondays before the host club's closing date.** This gives time for E-files to be obtained and processed and it also ensures entry given meets are filling much earlier.

Attach your cheque to the back of the entry card. All cheques must be made to the Leichhardt Swim Club. Cash payment is also accepted. Please put cash securely in an envelope with the name of the swimmer clearly on the envelope,

ALL CARDS NOT SUBMITTED CORRECTLY WILL BE RETURNED TO BE CORRECTED.

Online entries (Metro South East, Metropolitan & State Championships)

Metro South East Area use the Another P.B. online entry system for MET SEA meets: anotherpb.com

Please see the Leichhardt Swim Club website external meets page for full information regarding the Another P.B. entry system.

Swimmers will need to create a profile to use this website. Payments are by credit card.

Metropolitan, State & National Meets

If entry to a carnival is online, please see the NSW Swimming website for instructions and details of how to enter Metropolitan, State and National carnivals

Your assistance in the above would be greatly appreciated. Much of the information is now readily accessible via the Swimming Australia National Database so please make sure you take the time to do your entries properly. It saves those volunteering an inordinate amount of time at the other end. If you're not sure about something, **ASK!!!**

12. Where do I buy entry cards from?

Cards can be bought from the swim club on Saturday mornings during the summer season?

Danae also sells cards. Please do not approach Danae while she is coaching to buy cards. Email Danae requesting the amount and colour of the cards you want. Danae will pack them for you to pick up at an appropriate time.

Cards are blue for boys and pink for girls.

They are only sold in packs of 10 for \$10.00.

Please email: danaep@lmc.nsw.gov.au

14. Does a coach attend external meets?

Coaches are volunteers to the swim club and are not paid to attend meets. The Squad Head Coach will attend targeted meets, not untargeted meets. Swimmers will be notified on the meet calendar when a meet is a target meet. Maximum attendance of swimmers at target meets is encouraged.

NON TARGET meets are minor meets and no coach support is provided.

TARGET MEETS are major meets. In general target meets include; Metropolitan, State and National Championships. MetSEA meets, Speedo Sprint Series Heats and finals. A few other meets are also targeted throughout the year.

15. What can the parent do to help out at swim club and external swim meets?

There are lots of ways you can help. The number one priority at this stage is to join the Leichhardt Swimming Club committee. The AGM is where jobs for the upcoming season are allocated. It is important for parents that have children racing at club and competitions to have a lot of input into the running of the club. Joining the club committee is the only way for the club to improve and grow.

Parents should volunteer to help out at club meets. The club always needs timekeepers, marshals, runners, parents to help with seeding events, etc. In general just be prepared to assist as required. There are always times when an extra pair of hands comes in handy.

Parents are also requested to help out with time keeping duties at Metro South East area meets.

16. What uniform do I need to wear to a meet?

- Black silicone swimming cap with LSC lettering and logo.
- LSC T-Shirt
- Swim club hoodies and shorts are also available for purchase but are not compulsory.

17. Where do I get qualifying times for Metropolitan, State and Nationals?

Metropolitan and State Championship qualifying times can be found on the NSW Swimming website: www.nswswimming.com.au/

National qualifying times can be found on the Swimming Australia website: www.swimming.org.au

18. What is the difference between Long Course and Short Course racing?

Long Course (L.C.) racing is swum in the summer months (September to April). The majority of meets are swum in 50m pools. Some junior meets may be swum in a 25m pool.

Short Course (S.C.) racing is swum in the winter months (May to August). All meets are swum in 25m pools.

19. What are the websites that can keep me up to date with external swim meet information?

- **Leichhardt Swim Club:** lscswimclub.org
- **NSW Swimming:** www.nswswimming.com.au
- **MetSEA:** www.metsea.anotherpb.com
- **Swimming Australia:** www.swimming.org.au
- **Another PB:** www.anotherpb.com

20. What time should I arrive at a meet?

Swimmers should arrive at least 15 minutes prior to the start of the scheduled warm up.

If the warm up begins at 8am swimmers should be on pool deck ready for warm up at 7.45am.

If the meet is a **non-target** meet swimmers will warm themselves up. Swimmers should use the warm up routine practiced at other meets and at training.

If the meet is a **target** meet swimmers will warm up with the coach. Swimmers approach the coach on pool deck and be ready to warm up 10mins before the scheduled warm up time.