

## **HELP!! My Child is Going to State and I Have Questions!**

Southeastern Swim Club would like to make this championship meet as stress free and enjoyable as possible. We have put together a list of some of the most frequently asked questions. We hope this helps so you can focus on what is important—making this a memorable weekend for your child filled with fast swims and good friendships.

- **How do I know which session my child will swim?**

Friday Night Events	10&U—200IM and 200 Free 11/12—200IM and 500 Free 13/14—400IM and 500 Free 13/14—Medley Relay
Saturday and Sunday AM Prelims	11/12 and 13/14
Saturday and Sunday Afternoon Sessions	10&U
Saturday and Sunday Evening Finals	11/12 and 13/14

Relays---	Saturday	13/14 200 Free Relay 11/12 200 Medley Relay 13/14 200 Medley Relay 10& U 200 Medley Relay
	Sunday	11/12 200 Free Relay 13/14 400 Free Relay 10&U 200 Free Relay

1000	Saturday	Fastest heat to be swam at Finals Session
1650	Sunday	Fastest heat to be swam at Finals Session

### **When are warm-ups?**

Friday Timed Finals	3:15 PM (Eastern Daylight Savings Time)
Saturday and Sunday Prelims	7:30 AM
10& Under Timed Finals (Sat & Sun)	Not before 12:30 PM
Saturday Finals	Not before 4:30 PM
Sunday Finals	Not before 4:00 PM

- **How can I find out if my child's relay is swimming in the prelims or finals session?**

On Thursday morning, March 18 we will be posting the top eight seeded relays (11/12 and 13/14) as well as the fastest heat of the 1000's and 1650's. These top seeds will swim in the finals session.

- **What do we do upon arriving at the Nat?**

Each swimmer will need to check in at the registration table on the main concourse upon arrival at the Nat. At the registration table they will receive their official meet deck pass and also a swimmer's goody bag.

- **What suits are allowed to be worn by swimmers at the meet?**

Swimsuit Rule (Effective October 1, 2009) USA Swimming Swim Suit Rule (102.9.1

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- In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1
- All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the naval nor below the knee, for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.
- No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer.

- **What if my swimmer misses his/her event?**

If a swimmer misses their event in prelims, they will be barred from all further individual events of the day.

If a swimmer misses their event in finals, they shall be barred from further competition for the remainder of the meet.

- **My child has never swam at the IU Natatorium. Will I be able to walk them out on deck to find their coach?**

No, As per Indiana Swimming and USA Swimming insurance rules, no parents will be allowed on deck. If your child needs help finding their team, one of our "blue shirt" volunteers may be able to help them find their team.

- **My child is swimming a distance event. Do I have to provide a timer and a lap counter?**

Southeastern Swim Club volunteer Timers will time for all distance events. The swimmer must find their own lap counter. If the lap counter does not have deck access via their coach card or athlete status, they will not be allowed on deck until 15 minutes prior to the start of the event. This person must sign in and out with the Southeastern Swim Club security person at the entrance to the deck.

- **Where are the sign in sheets?**

There are no sign in sheets for this meet. In all individual events the swimmer is assumed to be swimming unless he/she has been scratched.

Swimmers in the 1000/1650 freestyle must check in at the Clerk/Scratch table and confirm their intention to compete before the scratch deadline in order to be seeded.

- **Is there a camp area for the swimmers?**

All swimmers remain on deck during their session. A deck pass will be required for entry onto the deck at all times.

- **Are there food concessions available at the IU Natatorium?**

Yes. A vendor hired by the University runs the concession area and will be open throughout the majority of the weekend. Neither Southeastern Swim Club nor the IU Natatorium have any influence over the pricing or selection of food available.

- **Where is the lost and found?**

Lost and Found is located behind the stairway, next to the elevators on the lower level (Deck level). Parents cannot be given deck entry to search for lost items. After the meet, contact the IU Natatorium at 317/278-3518 for lost items.

- **Help, I forgot my suit (towel, goggles, etc)!**

Don't worry Kast A Way Swimwear will be on hand selling anything you may have forgotten.

If you have any questions prior to the meet, please check out our website at [www.southeastern.org](http://www.southeastern.org) and you just might find the answer.

If you have any questions during the meet, please do not hesitate to ask any of the Southeastern Swim Club volunteers wearing a royal blue "Property of Southeastern Swim Club" t-shirt. They will be happy to help you and will try to make this a wonderful experience for both you and your swimmer. Good Luck at State!