

Swim Meets

Swim Year

The swim year is divided into two seasons. The winter, or "short course", season runs from mid-September to mid-March. The summer, or "long course", season runs from early April to mid-August.

Meet Entry Procedures

NCA generally participates in one swim meet a month. To enter a meet, you must fill out a meet entry form by the stated date. Check the announcement board for upcoming meets. You will also be able to specify which events your child prefers to swim by highlighting the events or discuss the events with your child's coach. You will need to submit a check payable to NCA for the swimmer fee and event entry fees along with the application. A swim meet calendar and entry deadlines are also on the NCA web site. Once the deadline to enter has passed, NCA electronically enters all verified swimmers into the meet.

Meets

Swimmers are expected to be at the meet at least 15 minutes prior to the listed warm up time to help set up the NCA tent, check in, and stretch. Swimmers need to wear team attire including racing suits and caps. We want to represent NCA in a class manner and take pride in our team. It is expected that all swim team members stay the team and cheer for your team mates.

It is the swimmers responsibility to check the "posting" to see what heat and lane they are swimming in. Your coach will help you find the posting while you are at the meet. After the swimmer finds out their heat and lane for their event, they must check in with their coach to give them the information and receive any pre-race strategies. If you miss your event, you are typically disqualified from your next event as well. When in doubt, ask your coach or another swimmer with more meet experience.

Parents must be prepared to help "time" depending on how many "timing chairs" we are assigned by the host of the meet. How many chairs we have to fill depends solely on the number of entries we have in the meet. ALL parents are expected to help time! This means that you may need to time even if your child is finished for the day. Please look for the timing sign-up sheet or dry-erase board under the NCA tent when you arrive at the meet.

Parents are advised to bring healthy snacks to the meet along with sun block, plenty of fluids, and weather appropriate clothing for your swimmers. Be supportive of all swimmers. We want to create a positive and safe environment for our children to succeed so please bring only your smiles and compliments to all meets and practices.

First Time at a Meet?

You can find a document entitled "Your First Swim Meet" on the NCA website under "Documents".