



PARENT RESOURCES: FAQs ON USA SWIMMING MEETS

FIRST, WHAT'S "SCY"?: SCY stands for 'short course yards'. USA Swimming meets happen in either SCY pools, SCM (short course meter) pools, or LCM (long course – or 50 meter) pools. Nearly all of the fall/winter meets are SCY.

DOES MY SWIMMER HAVE TO DO MEETS?: Short answer for most swimmers is NO...but they'll want to! Some of our groups do have meet requirements, but most don't. Most of our kids (90+%) end up doing at least a couple meets every season or once every few weeks, and we especially want them to have a 'season-ending' meet.

I LOOKED AT THE SCHEDULE, IT'S A LOT OF MEETS!: Yes, the total meets offered for BAC is going to look like a lot! But nearly all of our meets are only for certain swimmers and NOBODY does EVERY meet. Some meets have time standards and are only open to qualified swimmers. Some meets are held on consecutive weekends and swimmers attend one or the other. Some weekends even have multiple meets for different BACers!

WHAT ARE THE BLUE-HIGHLIGHTED MEETS?

Those are all 'BAC-hosted' meets – meets run by BAC! These are the main meets for most BAC swimmers. We prioritize a fun, convenient, and exciting experience. Parents volunteer at these meets if they have a swimmer racing.

DO SWIMMERS PREPARE DIFFERENTLY FOR DIFFERENT MEETS?

In a word...YES! Especially for our older swimmers. For most meets coaches will run a normal week of practice and swimmers learn to race and compete while tired and without any special rest or changes to practice. But for a few meets a year the coaches will rest or even 'taper' swimmers with the expectation of high performance at those meets.

HOW DO I KNOW IF MY SWIMMER QUALIFIES FOR CERTAIN MEETS? Some of our meets have 'time standards'. These vary from one meet to the next and can be found when the meet info gets posted.

WHAT ARE THE MEET FORMATS? The short answer is that they're highly variable. They aren't like summer meets where Event #13 is always 9-10 girls 50 Free. Some meets will offer more or less events and most offer more and longer races than summer league. Some are single day meets, others offer some events Saturday and some Sunday. (When this happens some swimmers do both days, others opt to compete just one day.) Most are split into 'sessions' where some ages go in the morning and other ages in the afternoon. Basically, each meet is its own separate format. The best approach for newer families is to look at them individually as we post them and ask questions about each!

HOW DO I SIGN UP FOR MEETS? First and most importantly, the deadlines for USA meets are much earlier than for summer meets! You can't decide on Thursday that you want to swim that weekend. Deadlines are usually 2-3 weeks ahead of the meet, though a few are even earlier. As we get the meet information from each meet host, we add the meet to our web (under the 'Meets' tab) and open registration. Swimmers (working with an adult) can select events, though coaches might notify you of suggested changes from time to time.

WHAT IF I HAVE MORE QUESTIONS? First, you do have more questions, and that's okay! If you have questions about how meets in general work, you can email Jacob. If you have a question on which meets your swimmer should be prioritizing, you can email their lead coach. If you have a question on a specific upcoming meet, wait until it gets 'posted' and then let us know.

**MEETS ARE A GREAT PART OF THE BAC EXPERIENCE, AND WE'RE EXCITED
TO OFFER A GREAT LINEUP THIS SEASON!**