

## **A GUIDE TO WHAT EVENTS TO ENTER AT A SWIM MEET.**

This is a procedure that may help you to select events for your child to compete in if you do not have time to talk to your child's coach.

1. Ensure there is at least 4-6 events between 1 race and the next, e.g. I enter event 4 and then I do event 9.
2. Always do at least 1 or 2 events of your best stroke each swim meet but challenge the distance. Don't always do 50s. Mix it up with a 50m, 100m, 200m, 400m, 800m or 1500m swims if appropriate and relevant.
3. As long as all your strokes are technically sound an IM is always a good swim to do whether that is a 100m, 200m or 400m event.
4. It is a good idea to challenge yourself and do an event or two of the stroke/s that you aren't that good at or fast at. The distance might only be a 50m at this stage. Avoiding these strokes will not help them to get better. You can say I need to practice it in training but sometimes you just need to bite the bullet and race it.
5. If a stroke is technically incorrect do not do it until it is technically correct so as to avoid disqualification and disappointment. Your coach is the best person to tell you this.
6. Always keep an eye on our goal as a GOLD SWIMMER, which is to BE THE BEST THAT WE CAN BE in the water, which for every GOLD swimmer is to gain QUALIFYING TIMES in various strokes and distances for COUNTRY, STATE and NATIONAL SWIM CHAMPIONSHIPS. These times are on the Swim Vic website. We do not focus on these times but realistically we need to be aware of how close we are to achieving these times so that we can continue to provide the best chance to achieve these times and thus hopefully be a part of our squad that goes to these MAJOR SWIM MEETS in the future.

### **This is an outline for a swim meet for a relative newcomer –**

My favourite stroke for example is Free.  
I am technically sound at the other 3 strokes but just not fast.

#### **7-12 year olds :**

Do at least 2x100m swims of various strokes.  
Do at least a 50m of your weakest stroke (that is technically sound).  
Challenge yourself with a 200m of your best stroke.  
Spread out your events, so you have time to talk to the coach, have a drink and something to eat before you race again.  
Over the course of a day, look at doing 4-6 events.  
Over the course of a 3-5 hour meet look at 3-5 events.

#### **12 and upwards :**

Do at least 3x100m swims of various strokes.  
Do at least a 50-100m of your weakest stroke (that is technically sound).  
Challenge yourself with a 200m or longer of your best and maybe 2<sup>nd</sup> best stroke.  
Spread out your events so you time to talk to the coach, have a drink and something to eat before you race again.  
Over the course of a day, look at doing 5-7 events.  
Over the course of a 3-5 hour meet look at 4-6 events.