



## TEAM PARENT DUTIES

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Bring to the meet:

- Heat sheet
- Sharpie
- Highlighter

Before the meet:

- Discuss with Clerk of the Course and the Assistant Clerk how many events ahead of time to bring the swimmers
- Discuss with the Clerk of the Course and the Assistant Clerk how 10 and under relays will be handled, i.e., should you bring the entire team to the clerking area before lining up or only the two starting at the blocks.

At the meet:

- Organize the 12 and under Wilshire Farms kids for each event. (Typically this would be done 4 events ahead of time.)
- For each event, line up the swimmers in the crash area in heat and lane number order
- If you are missing any 12 and under swimmers, briefly look for them in the crash area. (Relay teams must have all 4 swimmers to participate.)
- Once they are organized, walk the swimmers to the other end of the pool and hand over to the assistant clerk of the course
- Make sure you are bringing them in time, but not too soon. Work with the Assistant Clerk of the Course to determine the proper flow and timing.
- Help the 10 and under swimmers with relays. Two will be at one end of the pool, and two will be at the other.
- Remind the swimmers what stroke they will be swimming.



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### Relay explanation:

- There are 2 types of relays: the medley (4 strokes) and the freestyle (all freestyle).
- Each relay team has 4 swimmers.
- Each 10 and under relay swimmer will swim one length (25 yards of the pool). Two will start at the blocks and two at the other side of the pool.
- Each 11 and older swimmer will swim 50 yards. All start at the blocks.
- The heat sheet will list the names of the swimmers in each relay.
- The order of the names determines the order they swim and, for the medley relay, what stroke they swim.
- The names read from left to right, i.e.:

|           |           |
|-----------|-----------|
| Swimmer 1 | Swimmer 2 |
| Swimmer 3 | Swimmer 4 |

- For the medley relay, the stroke order is as follows:

|              |                |
|--------------|----------------|
| Backstroke 1 | Breaststroke 2 |
| Butterfly 3  | Freestyle 4    |

- The kids are often unsure of what stroke they are swimming in the medley relay, so use the heat sheet and this guide to let them know.