



MEET INFORMATION:

Typically, there will be six regular meets each season. Some will be held at home, some at other local clubs. All regular meets are held on either Monday or Thursday nights, and begin at 6:00. Swimmers will be asked to be at the meet no later than 4:30 for warm ups.

MEET SIGN-UP:

There will be a master meet book kept in the lobby. If your child is going to swim in the meet, they **must highlight** their name on the roster. This is very important! If your child fails to highlight their name, they will not be put in the line-up for that meet!

WHAT HAPPENS AT A MEET:

Swimmers will arrive and be assigned a seating area according to their age. It is VERY important for your child to stay in their assigned area! Meets have been lost due to kids “disappearing” and missing their events. This is very disappointing to the other swimmers, especially for relays! They will then have time to warm-up in the pool. During this time the meet line-up will be made available to swimmers and parents. You will be able to check the line-up for your child’s event number (each meet has 72 events), lane assignment, and heat number. When there are more than three swimmers in one event, extra heats are added. So, you may see that your child is swimming in Event 1 (Girls 8 and under Freestyle), Lane 3, Heat 3.

SCORING:

Each event is assigned points for first, second, third, etc. Relays score the most points for the team. Only the first heat of each event scores points. Younger swimmers usually aren’t aware of this, and swimmers twelve and under, regardless of the heat, will receive a ribbon.

MEET DATES AND LOCATIONS:

Please see website for details.

WHAT TO BRING TO A MEET:

Here are some guidelines for what you should send with your child to a meet: at least TWO towels, water bottle or Gatorade, light, healthy snacks (meets can last for up to four hours - your swimmer will get hungry! Please, no heavy food or junk food - these can really do a number on a nervous stomach!), a book to read during down time between races, extra socks, sweat shirt, flannel pants, and even a sleeping bag for chilly nights.

VFC TRADITION:

After all home meets, swimmers and their families are welcome to celebrate the meet at LEDO'S PIZZA, 5525 S. LaGrange Road, Countryside, 354-4500. You can order ahead so your pizza will be ready and waiting. This continues the VFC tradition of sportsmanship and fun; this is optional for all.