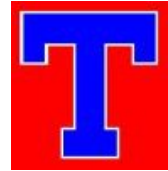




TIVERTON SWIMMING CLUB

www.tiverton-swimming.co.uk



Event Selection at Open Meets

Selecting events to enter at a meet can be confusing. It is very tempting to just enter everything the swimmer can do or qualifies for but this generally does not make a good meet. When the swimmers are younger the parents tend to make all the decisions on the events to enter but as swimmers get older it is important that they actually decide which races they want to swim - after all they are the ones swimming it not the parents!

This is just a little guide as to what to think about when selecting race events.

1. Make a list of the events you want to swim before looking at the meet pack
2. Look at the running order and compare it to your list, pick the events you most want to swim
3. If you have a 200m in a session then you don't want to be selecting another event unless there is a big gap between events e.g. 200 Br followed by a 50/100 Fc is not enough gap to then race again.
4. Ideally you only want to be racing 2 (max 3 short 100/50/50) events per session.
5. If the 400 is not in a 1st session of a day then don't enter it - unless that is the only event you are going to do so won't arrive until that session. Swimming a 400 at race pace is very hard work and if you have been at a meet all day and done other races then you won't be in the right place to race it and so it is not worth it, it's more psychologically damaging to race badly than to have not raced that event for a while. Only swim 400's when fresh.
6. Look at the start time of the 1st and last sessions. If you are going to be there all day limit the final session to one 200 event or a 100 & 50. Sitting in the heat of the pool all day is draining so you won't swim you best.
7. Parents please listen to what your children say - if they don't want to race an event please don't enter them anyway. It is the fastest way to put them off swimming and racing!

Obviously this is just a guide so if you choose to enter everything you can but don't expect your swimmer to swim well in everything they enter or for them to not be disappointed in their swimming. I would rather have swimmers entering less events but being happy with their swimming than enter everything and be upset when they get out of the pool.

If you are unsure what events to enter please speak to one of the coaches and we will be happy to guide you.