



# The Port Moody Aquarians Summer Swim Club Frequently Asked Questions (FAQs)

## Swim Meets

### What are swim meets?

Swim meets are the backbone of any summer swimming season. They are a chance for swimmers of all abilities to display the skills and strokes they have developed in practices. They are a fun and relatively relaxed opportunity to compete against other children of the same age and abilities.

Swimmers are separated into Divisions, by age (Division 1 = youngest to Division 8 = oldest) and by category S or O. See [Swim Age Locator](#) to find your swimmer's division.

- **A/B Swim Meet** – This is the most common form of swim meet in Summer Swimming. The Port Moody Aquarians attend all A/B swim meets within our region (Coquitlam, Burnaby, Port Coquitlam and our own Golden Spike Meet at Westhill) plus a few out of region meets. These meets take place on weekends and run from early morning to mid/late afternoon. All our swimmers are encouraged to participate in these meets, including new swimmers. However, the ability to swim at least 2 lengths of at least 2 different strokes is a good guideline for those who are interested in competing.
- **Development Meet** – Development Meets are geared towards the new and younger swimmers. There are a few of these meets throughout the season. The Aquarians will be attending development meets for clubs within our region. These meets are held on a Friday or Wednesday evening. They are open to swimmers who do not yet have the ability to swim 2 lengths of the pool, those who are new to competing and those who do not have the skills in all the strokes. Events include 25-Meter Races of all 4 strokes, as well as the option of doing 50-Metre races of their better strokes.
- **Regional Championships** – Every year, towards the end of the swimming season. The 5 clubs in our region (PMA, Port Coquitlam, Coquitlam, Burnaby and Burnaby Mountain) compete in the Regional Championships. This meet runs Friday evening and on the weekend and is the qualifying meet for the Provincial Championships and the final meet of the season for swimmers who do not qualify for Provincials. The top three swimmers in each individual event and top two teams in relay events qualify for the Provincial Championships meet held mid August.

Swimmers must have legally completed a race (no DQ) in at least one stroke during the season to attend this meet. At the coaches discretion, swimmers who have only competed in a 25m event may be entered in a 50m event at Regionals.

### How do swimmers sign up for swim meets?

The link to register for swim meets is under the Parent's Corner tab of our PMA website:

<https://portmoodyaquarians.ca>. There you will find a link for the Meets Sign-up Portal (Active), where you are prompted to sign-in to your Active account. Once you are signed in, select the View Meets tab along the top of your screen, and register your child(ren) for the meet. Please select whether your child is attending or not; **PMA cannot register on your behalf.**

## What division do I swim in?

The division you compete in is based on your age at the start of the season. You can look these up in the [BCSSA Swimming Age Locator](#) available from the BCSSA each year!

## What should swimmers bring to a swim meet?

- **Extra swimsuits** - many swimmers warm up in a training suit and change into their team suit for races
- **Extra swim caps** – PMA team caps help our coaches and spectators identify our swimmers up on the starting blocks
- **Extra goggles** – it never hurts to have a backup pair
- **Towels** – lots of towels! Minimum of two towels is recommended.
- **Warm clothes** – for rainy days it is nice to have warm, dry clothes. Bring hoodies, sweatpants, socks and hats! Check out our soon to open PMA Online Store.
- **Sneakers or Sandals** – as good as the grass feels between your toes, please ensure your swimmer wears footwear when not under the tents. Space is provided behind each block to leave swim gear and collect it from after the race. Remind your swimmers to collect their items after they swim.
- **Parka** – if your swimmer has a parka, have them wear it to the pool! Make sure your child's name and 'PMA' are written on the tag.
- **Sleeping Bag** – This helps kids keep warm between races or until the sun heats us all up!
- **Water** to keep hydrated! Just like at swim practices, it is important to drink water after warmups and races.
- **Healthy snacks and food** to keep your swimmer fueled up and ready to race! Fill a cooler with nutritious lunch items and lots of easy to digest snacks. A few suggestions: water, juice, granola bars, fruit, vegetables and dip, yogurt, cereal, trail mix, or sandwiches are great ideas to sustain an active swimmer.
- **Sunscreen** – for sunny days; even under bright clouds sun burns can happen.
- **Chair(s), Tarps and Blankets** – the grass may be wet; putting down a tarp on the grass under the tents is necessary to keep things dry. On top of the tarp, you can lay a blanket or sleeping bag.
- **Games & Activities** to keep your swimmers busy. There is time between races; games, colouring/reading books, etc. are a great way to keep swimmers busy and to build friendships. Sometimes the coaches will sit for a game, too!
- **A SMILE AND A CHEER!** Our kids are swimming the best they can each event. Let's be the loudest cheerleaders of the day and have our kids cheer on their teammates while we cheer for our kids.

## Why go to swim meet warm-ups?

No two pools are set up the same way. They may look alike but there are many differences; starting blocks may be higher than others, traction may be different, and even the clarity of the water can change from pool to pool. Warm ups provide swimmers with a chance familiarising themselves with the pool. This familiarity can potentially change their race dramatically.

This is also when coaches take a headcount, consider swimmers for relay teams, and provide a pep talk prior to races starting. They are also required to scratch “no-shows” to allow for last minute adjustments to swim heats.

### **Do swimmers need to attend both days of a swim meet?**

It is highly encouraged for swimmers to attend both days of a swim meet. Even though they compete individually, it is at the swim meets where we come together as a Team – hanging out playing games between races and cheering each other on. The coaches also want to ensure swimmers have the opportunity to race each of the strokes throughout the season – which is more difficult to do when only attending one day.

If you have conflicts which prevent you from attending both days or a full day, discuss with your coach about attending only one day or other options that may be available. A selection of one day only is possible when signing up through the Meets Sign-up Portal (Active).

### **My child does not swim very well. Why would they want to compete?**

Swim meets are fun, provide great exercise, and help build confidence! Children are grouped with other swimmers who are of similar ability, which allows for a positive swim experience. Competitions allow swimmers to achieve their personal bests and measure how much they have improved. We encourage swimmers to compare their last best time rather than to other swimmers.

### **How can I find my swimmers' meet results?**

There are a few ways.

1. At the pool - during meets results are posted at the pool.
2. Meet Mobile - many meets also load results during the meet to Meet Mobile. Meet Mobile is an app that can be purchased through your usual app store.