

## Survival Guide for Pit Parents

- Since no swimmer can check in unless you are in place and ready to go please be a little early to the meet. Come about 15 to 20 minutes prior to swimmer check in (or check the schedule and arrive by the time indicated). Get yourself and your kids to their spots and then you will be ready to start with your swimmers.
- Have an extra pen and sharpie handy. They always seem to get lost and disappear. A clip board is also nice to keep all the papers together.
- Check in ALL swimmers in your pit (on the sheet provided the morning of the meet by the head pit parent). Very important because if the swimmers are not signed in, they could possibly be scratched and not allowed to swim.
- Mark arms of swimmers if not already done by the parent. (questions about this, see Dena or Jennifer for help). We are standardizing the markings to the following: First & last name on upper arm; event, heat, lane on lower arm. See example below.
- Relay cards will be distributed to each pit for the relays only. We do this last minute because of swimmers who do not show. So, please be patient, this is a crazy time in the morning.
- Heat sheets will be distributed to each pit. These are used for the individual swimmer events.
- For each event, swimmers need to be lined up in assigned lane order as they leave the pit area. It is important that the swimmers are in order when they arrive at the ready benches.
- 12 and under swimmers must be escorted to the ready bench by a pit parent or an adult volunteer. Again they need to arrive on time and in assigned lane order. Older children should know the routine but still may need some help getting to the ready bench safely, in order, and on time. Swimmers should walk within the marked cones for safety reasons.
  - Maintain control of the pit: the swimmers should stay under the tents at all times. No running around etc. Sometimes it will get a little crazy, if you need help with this ask for help. The head pit parents are available to help you.
  - Keep up with the event numbers. You will be able to hear announcements in order to know what events are being called, and what events are about to be called. It is important to be at the ready bench on time with your swimmers. It will help the meet go smoother.
  - Work out a system where one adult is in the pit at all times and the other is escorting swimmers to and from the pool area. Request additional volunteer help escorting swimmers if necessary.
  - If a child needs to leave the tent, have them take a partner. If the child wants their parent, explain to them that Mom and Dad are volunteering and will come by to see them. **Do not let them leave alone.**
  - If you have another child swimming and would like to go watch make sure your fellow pit parent knows you are leaving. We all want to see our children swim but we also need to make sure our swimmers are supervised and safe.
  - Before the meet is over, have the kids do a CLEAN UP of their area. The pit should be spotless when you leave; the kids need to help since it is generally their mess. This will save on those people in charge of clean up.

## Marking of the Arms Example

Events	13	21	24	42
John Smith	1/2	1/3	2/6	3/4

John has been entered into four events (not actual numbers). In event 13 he is in heat 1 lane 2; in event 21 he is in heat 1 lane 3; in event 24 he is in heat 2, lane 6 and event 42, heat 3 lane 4.

You would mark his arm as follows:

### Upper arm:

John  
Smith

### Lower arm:

E	H	L
13	1	2
21	1	3
24	2	6
42	3	4

Note: **DO NOT** write relays on the arm.  
(Events 1-11 and 78-87)

These are the only events that constantly change

The E represents Event, H for Heat, and L for Lane. Use your morning handout since it will be the most up to date version of the heat sheet. This process is important! The ready bench will frequently refer to the swimmer's markings when merging the two teams for given events. The markings can also be helpful to the pit parent, the swimmer and even the swimmer's family in planning for visits, eating or bathroom breaks.