

## **Dual Meets and Champs Primer**

### **Dual Meets**

Our dual meets (held on Saturdays) are part of the regular season, are a competition between two teams, do not cost an extra fee, and swimmers swim coach-chosen events. At dual meets the maximum number of races per swimmer as set by league rule is four – either three individual races and one relay or two individual races and two relays. Given the size of our team, swimmers should not expect to routinely swim the maximum (league allowed) number of events at each meet. Our girls' team coach promises a minimum of one relay and one individual swim at a meet and our boys' team coach promises a minimum of one relay and two individual swims. These minimums apply only for swimmers who attend the full meet (i.e., not arriving late or leaving early). The coaches will try to vary the events that each swimmer gets to swim from meet to meet. If there is a particular event your swimmer would like to swim, it is fine to let the coach know that. Just understand that it is not possible to accommodate all requests and further that the coach may need your swimmer in a particular race for strategic purposes. Invitationals are a great way to get to swim events of your own choice.

Remember also that dual meets are a competition between two teams – the coaches write a line-up to try to win the meet so the fastest swimmers in attendance in each age group will generally swim the league maximum allowed number of events. For some meets, however, the coaches will know ahead of time that they do not need to use the fastest swimmers to win the meet so they may give other swimmers the opportunity to swim in official heats and win points for the team and also to swim more races in that particular meet.

Keep in mind that while swimmers swimming unofficially (those in any heat after the first heat of an event and those in lanes 1 and 8 of an eight lane pool, even in the first heat) cannot score (even if their time beats a time of an official swimmer), their times do count for purposes of seeding in invitationals and champs (both division and league) and also for purposes of best time ribbons. Coaches will consider all times swum during the current season when writing the line-up for each meet. Please keep in mind as we go through the season that for each dual meet the coaches are scheduling 75 or more boys and 100 or more girls to swim in 39 events (many with additional heats). It's like a big puzzle with many factors that need to be considered to arrive at the optimal solution. The coaches do their best to write a smart and fair line-up each week given the parameters (such as swimmers in attendance and number of extra heats negotiated with the opposing coach).

There are five dual meets during the SAL "regular" season. At these meets CBST-SAL usually swims against another SAL team in our division (Central Division).

### **Championship Dual Meets**

After the "regular" season there are two championship dual meets (also called "flight championships" by the SAL):

- The first is the Conference championship dual meet
- The second is the League championship dual meet

- To participate in these two championship dual meets, a swimmer must compete (**officially or unofficially**) in at least 40% (or two) of the regular season dual meets
- These meets will determine the team's standing within the Conference and within the League

### **Individual Championship Meets**

Following the championship dual meet season there are two individual championship meets:

- Division Championships – commonly referred to as “B Champs” and
- League Championships – commonly referred to as “A Champs”
- A swimmer may compete in no more than three individual and two relay events (five total events) at individual Championships

#### *Division Championships:*

- Any swimmer who would like to compete in Division Championships may do so, subject to the maximum swims as stated above, as long as s/he has not qualified to swim the same event at League Championships.
- There are no meet requirements to compete in Division Championships.

#### *League Championships:*

- To participate in League Championships, a swimmer must compete (**officially or unofficially**) in at least 40% (or two) of the regular season dual meets
- The top 18 swimmers (plus two alternates) in each event qualify to swim at League Championships\*
- Times must be earned during the current season at regular season or championships dual meets or at SAL team invitationals
- If a swimmer qualifies for more than three individual events, the coaches will determine the actual events (with input from the swimmer) at the League Championship seed meeting
- If a swimmer is listed as an alternate for an event at League Championships, s/he **MAY** compete in that event at Division Championships (to ensure that s/he will be able to swim that event at least once). It is possible that the swimmer may also swim the same event at League Championships (if one of the top 18 swimmers scratches the event) but that swim does NOT constitute an additional event for purposes of the total championship maximum events allowed per swimmer. It is also possible for the swimmer to attend the League Championships meet as an alternate and not get the opportunity to swim.
- If a swimmer qualifies for League Championships in a particular event, s/he **MAY NOT** swim the same event at Division Championships
- If a swimmer qualifies for an individual event at League Championships, s/he **MAY NOT** swim the same stroke in a relay at Division Championships
- Coaches will determine all relays for Championships
- A swimmer may swim at both League and Division Championships. For example, a swimmer might swim two individual events and one relay at League Championships and one individual

event and a relay at Division Championships – as long as s/he does not exceed the maximum of three individual and two relay events.

\*Because of the three individual and two relay maximum swim limit, it is possible that swimmers who are ranked below the twentieth fastest swims of the season will qualify to swim (or serve as an alternate) at League Championships. The coaches will speak to those swimmers who may qualify to swim at League Championships, and the parents will be asked to sign their swimmers up accordingly.

Additional Champs Information:

For champs, most of the league's swimmers (and most of our team's swimmers) will participate in division (B) champs. Coaches have no discretion as far as who qualifies for league (A) champs. Only those swimmers with the fastest 18 times in the league (of over 20 teams) will qualify for league champs. For relays, once a relay swims a time this season in an SAL meet, our team "owns" that time. That is, for purposes of champs seeding, the fastest time swum by a relay from any given team is what will be used for that team for league champs. The swimmers who ultimately swim in that relay at champs need not have ever swum the relay together, or at all, before. When it is time to determine champs relays, coaches will use all current season times (up to and including the Last Chance Meet – NOT including division champs) and will make the fastest possible relay. This could mean that a relay team that has swum together all season will be changed for champs and/or that a relay team that has never swum together before will be the league champs relay. Under unusual circumstances, coaches may use their discretion and change a relay based on factors other than fastest times but this is very rarely done.

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