

How are swimmers grouped according to age for swimming?

A swimmer's age for the summer season is determined by his/her age as of June 30.

In our normal dual meets, the age groups are as follows:

8 and under (with one special 25 freestyle race for the 6 year olds and younger).

10 and under

12 and under

14 and under

18 and under

Swimmers may "swim up", which means a younger swimmer may swim in a race with older swimmers if the coach determines that is appropriate.

Swimmers never may "swim down", that is, an older swimmer may never swim in a younger age event.

What time is practice?

While school is still in session for Council Rock and the pool is open from 3 to 7, there are two one-hour long practices at 4:00 and 5:00. Just come to which ever practice you can make. There is a special practice during this period at 6:00 for those swimmers who are 8 years old and younger.

After school is over and we start morning practice, the general guidelines are:

8:30 to 10:00 AM ages 13 and older

10:00 to 11:00 AM ages 11 and 12

11:00 to 12:00 PM ages 9 and 10

12:00 to 12:30 PM ages 8 and younger

These are general guidelines and coaches do move some children to other practices based on ability. Please see a coach if you are unsure which practice to attend. Check the website for final practice schedule prior to the season start.

What are the events for our swim meets?

The normal meets our team swims are called dual meets. In these meets our team swims against another team (hence the name “dual” – two teams swimming against each other). There is a point system that determines which team wins the meet, and the win counts toward the teams’ standings in the league.

Each meet is composed of various races (each race is also called an event). Boys and girls swim in separate events except for relays, where they can be on the same team. We are not allowed to have more than two boys on a relay team, however.

Each team is allowed to put three swimmers in each event, for a total of six swimmers in each event (3 from each team makes 6 swimmers total). If the pool has more than six lanes, more swimmers can be added but they are deemed “unofficial” and cannot earn points. If a team wants to put more swimmers into an event than can be accommodated in the number of lanes available, a second “heat” of that event is run (indeed, there can be multiple heats, as many as needed to accommodate the number of swimmers in that event). However, only one of the heats is official for earning points for the meet.

Dual Meet Events

Girls 14 and Under 100 Free

Boys 14 and Under 100 Free

Girls 18 and Under 100 Free

Boys 18 and Under 100 Free

Girls & Boys 8 and Under 100 Medley Relay

Girls & Boys 10 and Under 100 Medley Relay

Girls & Boys 12 and Under 200 Medley Relay

Girls & Boys 14 and Under 200 Medley Relay

Girls & Boys 18 and Under 200 Medley Relay

Girls 6 and Under 25 Free

Boys 6 and Under 25 Free

Girls 8 and Under 25 Free

Boys 8 and Under 25 Free

Girls 10 and Under 50 Free

Boys 10 and Under 50 Free

Girls 12 and Under 50 Free

Boys 12 and Under 50 Free

Girls 14 and Under 50 Free

Boys 14 and Under 50 Free

Girls 18 and Under 50 Free

Boys 18 and Under 50 Free

Girls 8 and Under 25 Breast

Boys 8 and Under 25 Breast

Girls 10 and Under 25 Breast

Boys 10 and Under 25 Breast

Girls 12 and Under 50 Breast
Boys 12 and Under 50 Breast
Girls 14 and Under 100 Breast
Boys 14 and Under 100 Breast
Girls 18 and Under 100 Breast
Boys 18 and Under 100 Breast
Girls 8 and Under 25 Back
Boys 8 and Under 25 Back
Girls 10 and Under 25 Back
Boys 10 and Under 25 Back
Girls 12 and Under 50 Back
Boys 12 and Under 50 Back
Girls 14 and Under 100 Back
Boys 14 and Under 100 Back
Girls 18 and Under 100 Back
Boys 18 and Under 100 Back
Girls 8 and Under 25 Fly
Boys 8 and Under 25 Fly
Girls 10 and Under 25 Fly
Boys 10 and Under 25 Fly
Girls 12 and Under 50 Fly
Boys 12 and Under 50 Fly
Girls 14 and Under 50 Fly
Boys 14 and Under 50 Fly
Girls 18 and Under 50 Fly
Boys 18 and Under 50 Fly
Girls & Boys 8 and Under 100 Free Relay
Girls & Boys 10 and Under 100 Free Relay
Girls & Boys 12 and Under 200 Free Relay
Girls & Boys 14 and Under 200 Free Relay
Girls & Boys 18 and Under 200 Free Relay

How are the meets scored?

Swimmers capturing the first three places in each official heat are given points. First place is given 5 points, second place 3 points, and third place 1 point. Individual events and relays earn the same amount of points. Other places (4th, 5th, and 6th) do not win points. Only six swimmers are allowed to compete officially. If a pool has eight lanes, two of the lanes are designated as unofficial and those swimmers are not allowed to win points even if they come in the top three places. If more than six (or eight) swimmers want to compete in an event, the coaches can decide to run another heat of that event (typically run immediately after the official heat). For example, official event 15, then unofficial event 15A. No swimmers in an unofficial event may win points even if they swim faster than swimmers in an official event.

If a swimmer breaks a rule, the swimmer's swim is termed DQ'd (disqualified) and that swimmer cannot earn points. The strokes and turn judges determine if a rule has been broken and fill out a DQ slip noting the swimmer and the infraction. One team cannot sweep all three places in a single event, and in that case the third place will be given to the other team.

The points are totaled and the team with the most points wins the meet.

How many events can a swimmer compete in?

A swimmer can compete in a maximum of four events in a meet. This may be three individual events and one relay, or two individual events and two relays.

How do I get a team suit? Do I have to have a team suit/racing suit/goggles/swim cap?

We use Personal Best Swim Shop (<http://www.personalbestswimshop.com/>). In early June, Personal Best comes to the pool on a Sunday afternoon with the team suit selected for the summer season. If you missed this suit sale, you can contact them directly or visit their stores. It is not an absolute requirement to have the team suit, but many of the younger swimmers like to have it to feel like part of the team.

For practice and meets, swimmers should have competitive racing suits (not casual leisure bathing suits). Goggles are a personal choice, but a majority of the team does wear these. Swim caps are not generally required for boys unless their hair is exceptionally long. Girls generally have to wear swim caps to both practice and meets. If you have more detailed questions about these issues, see a coach.

What league are we in?

Our team participates in the Lower Bucks Swim League. You can find out more about our league at <http://lbsl.org/index.php>. The league is made up of 24 swim teams broken up into three divisions (Red, White, and Blue), each with eight teams. Red is most competitive, then White, and then Blue. At the end of each season (generally), the teams with the best records in White and Blue are moved up to the next higher division, and the teams with the worst records in Red and White are moved down to the next lower division. Currently (in 2014) our team competes in the Red division.

What can I find addresses for swim clubs for away meets?

All addresses for all swim clubs in our league are here: <http://lbsl.org/custpage.php?cid=68>.

What is meant by short course yards and short course meters (and long course)?

What do we swim?

In swimming there are three courses: short course yards (pool is 25 yards long), short course meters (pool is 25 meters long), and long course meters (pool is 50 meters long). In our dual meets, we either swim short course yards or short course meters. Our home pool here at Richboro is short course yards. Some of the away pools are short course meters and some are short course yards. If you are not sure how long the pool is where you are swimming, simply ask the coach.

Because there are two different courses we swim in, it becomes difficult to compare your times between swims. You can use these formulae to compare your times:

$$\text{Meter time} = (\text{yard time in sec.}) * 1.11$$

$$\text{Yard time} = \text{meter time in sec.} / 1.11$$

However, for time buster ribbons, we do not do a conversion. We will only compare yards to yards, and meters to meters.

Normally, in the summer season for our league, there is not an opportunity to swim in a long course meter pool. However, some of the pools (Newtown Swim Club and Lower Makefield) do have facilities with long course meter pools, but they are not normally used for competition in our league.

What is a time buster ribbon?

If a swimmer beats their previous **fastest** time in the SAME event in the SAME *length* pool, they will be awarded a time buster ribbon. We print a special label that lists the swimmer's name, event, date, time, meet where the time was broken, and put this label on a ribbon and put it in the swimmer's mailbox. We do not do conversions between yards and meters, and only compare meter times to meter times and yard times to yard times. We only compare to previous BEST time the swimmer swam this season, not just the immediate previous time they swam last.

Where is my mailbox?

All swimmers and divers have mailboxes. The mailboxes are pendaflex folders which sit in large plastic boxes on the front desk of the swim club where members check in when they come to the club. There is one folder for each family (not for each swimmer/diver).

I swam faster in the first meet than I did in time trials. Where is my time buster ribbon?

The coaches have decided NOT to include time trials when awarding time buster ribbons. Thus we are only including invitational meets, championship meets, and regular dual meets.

When can I earn my first time buster ribbon?

You are technically eligible the first time you swim the SAME EVENT in the SAME DISTANCE pool. This is different for everyone since some swimmers do the beginning of the season invitational meets, and the coaches put kids in different events every meet, depending on whether our first meets are home or away, and whether the second meet is in the same distance pool as the first meet, and whether or not the swimmer swam at the Cold Water Classic.

How do I know what my times are for my swims?

All resulting times for swims for all meets will be posted on the bulletin boards at the club and on the team's web site at www.richboroswimteam.com. Please be patient as it might take a day or two after a meet for us to post these times.

One of the times reported for one of my races is wrong or is missing. What should I do?

The computer workers only put the times in that we get from the table workers and the timers in each lane. Please go to either Coach Diane or Coach Terri to ask what to do about the missing or wrong time.

What does the letter 'Y' and the letter 'S' mean after my time?

The letter 'Y' means that you swam the event in a yard pool. The letter 'S' means you swam the event in a meter pool (it stands for short course meters).

What does NS mean for me in the time column?

NS stands for "no swim". This means you were in the line-up to swim in the meet, but did not show up to swim in your event.

What does the place column mean?

This is your place out of all the swimmers in that event. A 1 means first place, a 2 means second place, and so forth.

My best friend swam in my event and has a faster time than I do, but it shows me in first place and him in second place. How can that be?

In Lower Bucks Swim League, place is assigned at a dual meet by the place judges, not by times. (Times are additionally used if the two place judges do not agree). When two swimmers are especially close, it may be that the timers in the lanes show one swimmer faster, but the place judges judge the other swimmer touching first. On the sheet we are reporting official place for the meet that was used for scoring the meet.

My mom watched my race and said I came in first by a mile (she was so proud) but your report says I I did not earn a place at all - how can that be?

There can be many "heats" that make up one individual event. For example, there can be event 15 heat 1, then 15 heat 2, then 15 heat 3. Only the first heat is official for earning points to win the meet and earning the first 6 places. It is likely that you were in a heat other than the official heat (these are called unofficials or exhibition heats). These heats cannot earn the top six official places and thus you were could not earn the official first place. You may have placed first in your heat, but not first in the overall event.

What does 'X' mean in front of my time?

It means you swam in an unofficial event (an event other than the first event) and were not eligible to officially win points.

What does 'DQ' mean after of my time?

It means you were disqualified by one of the strokes and turns officials. If you do not know why you were disqualified, speak to one of the coaches who can tell you exactly what infraction you committed for the disqualification.

How do I know if I should get a time buster ribbon for a particular swim?

You can see how you did at the last meet by using the "Improv" column on the meet results sheet that are posted at the club or on the eteamz site. This column shows you if you have **swum slower (a positive number)** or **faster (a negative number)** than a previous swim (again, must be same distance, same stroke, same event). If you have a NEGATIVE number in the improve column, you should be getting a time buster ribbon!!! A negative number means you dropped time (swam faster) and this is GOOD!

What does "---" mean in the improvement column?

This means that this is the first time the swimmer has swum that event in that length pool. So there is no other time to compare to, since it is their first swim.

I swam faster at 50 free this meet than I did last meet, but it doesn't show an improvement. Why not?

You might have swum better than last meet, but the software compares to your BEST time ever this season. Please go back and review what your best time EVER was. It is probably the case that you did not beat this time. Please also remember that the software only compares meters to meters, and yards to yards, for the same exact event.

I know I earned a time buster ribbon at the meet last night, but I checked my mailbox this morning, and it wasn't there. Where is it?

It takes us a while to input the times from a meet, print the reports, print the ribbon labels, put the labels on the ribbons, and file them in the boxes. Please be patient with us.

I know my child earned a time buster at a meet two days ago, but the meet results sheets still aren't printed, and the ribbon still isn't in her mailbox. What is taking so long? Where is it?

It takes us a while to input the times from a meet, print the reports, print the ribbon labels, put the labels on the ribbons, and file them in the boxes. Please be patient with us. It takes a while to do all these jobs, and everyone who is doing it is a volunteer. If you would like to volunteer to help with this task and make it move along faster, please email Cathy Ridings at Thomas.ridings@gmail.com.

But I know I swam backstroke before and beat my time in the same length pool - why isn't your report showing an improvement? I'm certain your report is wrong.

You probably didn't swim it in the same length pool, or you probably swam a faster time earlier in the season that you forgot about. Please look at the meet results sheets at the pool or online and find the two times you think should be compared. Make sure they have the SAME letter after them. Y is for yards, S is for short course meters. If you find two times with the same letter, where the later one is FASTER than the earlier one, email me (Cathy Ridings at thomas.ridings@gmail.com) giving me the names of the two meets, events, your name, BOTH times and I'll investigate. Please include ALL information otherwise I cannot investigate.

What is an invitational swim meet and how it is different from the other swim meets?

Invitational meets are different in that the host club (where the meet is held) invites all the other teams in the league to their pool (hence the name “invitational”). There is not one team that is trying to “win” this invitational meet, although the host club may decide to give out trophies for high point awards to individual swimmers and/or teams. The invitational has nothing to do with team’s overall standings in the regularly scheduled dual meets for the league’s season, however. Each invitational is run slightly differently and has different events and rules depending on how the host club decides to implement it. That’s what makes it fun!

Finally, the top swimmers in each event win awards, usually ribbons. The announcement for each invitational should tell you how many swimmers for each event win awards, typically the top 18 finalists in each event or something similar. Usually this means that most of the swimmers in each event will win an award (because typically there are not that many more than 18 entries), but this is not guaranteed and will depend on the number of entries.

Can any swimmer enter an invitational meet?

Yes, and we encourage all swimmers on the team to enter. You do not have to be one of our better or more experienced swimmers to enter. In fact, if you only swim in the summer or are a beginner swimmer, it will give you an opportunity to get MORE experience during our very short summer season.

The other reason to enter is that YOU, the parents/swimmer, get to pick the events. In the normal dual meet, the coaches enter swimmers in the events. In contrast, for invitationals, swimmers sign up for events. This gives swimmers an opportunity to select events they would like – perhaps to swim their favorites or try something new.

What advantages are there in competing in invitationals?

(Note: see the normal age groupings above for dual meets)

For the Cold Water Classic, for ages 12 and under, you will only swim against swimmers in just that one age group. For example, if you are 10, you will only swim against 10 year olds. In contrast, in the dual meets, you will have to swim against 10 and 9 year olds. Essentially, you are only swimming against one age group. This is cutting the competition in half.

Please note that for the older age groups (13 and older) the ages are more grouped together for competition in invitationals. Generally, 13 and 14 swim together, and 15 through 18 swim together.

For the Odd Age Meet, the age groups are reversed from that at normal dual meets. For example, instead of having an age grouping of 10 and under, the age grouping would be 11 and under. Normally, swimmers with even ages (12, 10, 8, etc.) have an advantage in the summer because they are at the “top” of their age group. At this invitational, this advantage is given those with “odd” ages (e.g. 13, 11, 9, etc.).

The Aqua-pentathlon is a special invitational hosted by Richboro Swim Team where each swimmer competes in all 4 strokes plus an individual medley. Swimmers must be legal in all strokes to enter. Please speak to the coach to determine eligibility for this meet.

But we are not sure what to sign up for. How should we pick the events?

Please feel free to speak with the coaches to select the events. Please remember that there will be strokes and turns judges at the invitational meets, and the swim must be judged completely legal in all respects to be given a time and place, and be considered for a ribbon. If the swimmer is disqualified, the swimmer will not be placed and will not win a ribbon, even if (s)he came in first place.

What is meant by seed time on the form, and how should that be filled in?

A seed time is the time you are submitting to a swim meet for a particular swim event that represents the fastest you have ever swam that event in that distance in that course. Seed times are necessary because so many swimmers enter each event that they will group the swimmers into heats, and will place swimmers together with similar seed times. Swimmers with the slowest times will swim first, and subsequent heats will progress to the swimmers with the fastest times. It is important that you placed in the proper heat, so if you can submit a seed time, it is very useful.

If you swam in the winter you can submit those times (please convert to the proper course if necessary).

I don't have a seed time for a particular event. What should I do?

If you have never swam that event, you can ask one of the coaches to time you in practice. We can also look up your time for an event from last season (please email Richboroswim@gmail.com if you would like us to do that). Finally, we can enter you with a NT (no time) and you will be placed in one of the first heats, likely with slow swimmers. That is fine, and there are always several swimmers in invitationals entered with NT seed times.

How do I enter an invitational?

An email from ACTIVE.com will be sent when online registration is open. If you do not receive an email please let one of the coaches know. All registration and payment is all online. Follow deadlines for entries as once registration is closed, entries cannot be accepted. The invitationals are not mandatory.

What are champs? What are finals?

Champs are the end of the season meets in the Lower Bucks swim league. They are completely optional invitational meets, and are open to all swimmers. The meets are held in yard pools during odd years (2011, 2013, 2015....) and in meter pools in even years (2012, 2014, 2016....). There are four divisional championship meets: red, white, blue, and 8-and-under. If you enter champs, you get to pick which events you wish to swim (there is a limit of three individual events) and you compete only against other swimmers in your division (red, white or blue). While the 8-and-unders are all swimming together at the same time in the same pool, the awards are divisional as well (only against their red, white or blue division). There are relays at champs but the coaches pick the relay teams – you indicate whether or not you are willing to swim on a relay, and we let you know if the coaches put you in a relay.

After the divisional champs are done for all swimmers ages 9 and older, the results from red, white and blue are merged together, and the top 16 swimmers in each event (and top 8 relays) are invited back to one final end of the season meet a few days later. This meet is called finals. We will let you know if you qualify for finals. There are no finals for the 8-and-unders.

