



Everything You Ever Wanted to Know About Time Trials

What is it?

It's a really fun swim meet, but the main purpose of the meet is to find out how fast you can swim. This meet gives you a chance to get your starting time for the individual events (for example, how fast you can swim the 25 free). Once you know your time, your coaches and you can work together to improve it over the summer. The time you get also allows the coaches to determine who will swim in the first Saturday Meet.

Parents, please sign your swimmer up for all events using the online sign up process (<http://twdolphins.org/timetrials.html>). Coaches will review the entries before processed and make appropriate changes. Coaches will review all entries and may remove a swimmer from an event if they feel that he/she is not yet legal in the event.

Pre-teamers are not to sign up for Time Trials.

When and where is it?

The time trials are held at the Tilden Woods Pool. Check the team website for the exact date and time of warm ups.

Will I get a ribbon?

Absolutely! You get a participant ribbon for each event that you swim, unless you win a 1st through 6th place ribbon. Just ask the other kids: ribbons rock!

How many events can I swim?

This is the only meet during which you can swim all 4 strokes -- freestyle, back, breast, and butterfly -- plus the IM, for older swimmers.

What events should I swim? I've never done butterfly before!

Ask your coaches what events you should swim in. You'll need to do the stroke pretty well, but definitely not perfectly well. Most everyone, not including the pre-team who are still swimming in the well and not doing full laps during practice, will be able to swim at least freestyle. Again, ask your coaches what you should swim at time trials.

What should I bring to time trials?

Your swim suit, of course (your team suit if you have it, but don't worry if you don't). And a bathing cap, goggles, a couple of towels, and sunscreen. Don't forget sweat pants, a sweat shirt, a T-shirt (a Tilden Woods shirt shows lots of spirit!), and socks or closed-toes shoes. It's cold when you get out of the water and you want your muscles and toes to stay warm between events! Also bring money for the concessions stand.

I have a soccer game that morning. What should I do?

The meet will probably last a few hours, so maybe you can swim the first part or the last part of the meet and then play your game. If you can't make it to time trials (or Mom and Dad are telling you "pick one, there's no way I'm taking you to both!"), that's okay. You'll have a chance to swim during practice next week and be timed. However, you always get your best times in a competitive situation, so coming to Time Trials is better!

You didn't answer my question -- what should I do?

Talk to your coach. Try and ask a friend who has swum time trials before. You can also ask any of the team representatives on our contacts webpage.

<http://twdolphins.org/contacts.html>

Have fun and go TW Dolphins!