**Entering an Open Meet**

**What is an Open Meet?**

An Open Meet is an individual event rather than a team event. Whilst it is an individual event, swimmers will enter under MASC and support each other during the event, sitting together and being supported by a MASC coach. Meets are similar to our Club Championships in that swimmers will compete against swimmers; the difference is that swimmers will be from other clubs. Many of these clubs may be local but there are sometimes clubs from further afield. Open meets are a great opportunity to meet, chat and become friends with other swimmers from MASC.

**Should I enter an Open Meet?**

YES! Everyone needs to start somewhere. If you have competed in other competitions, you may well have an existing time for an event and these can be used when submitting your application for a meet. These times can be found on the ASA website <https://www.swimmingresults.org/individualbest/>). If it is your first Open Meet then you will not have a time to put forward – this does not matter as you will be competing with others who do not have entry times. Once you have competed you will have your personal best time for specific events – something to beat next time! You only need to enter events you feel happy doing. If you are unsure which events you should enter speak with your coach. Always check which day and which sessions the events you have chosen to participate in fall on, it is best to plan your meets carefully!

**Who will be there?**

Other swimmers from MASC (generally across the age ranges), at least one coach from MASC, swimmers and coaches from other clubs, lots of officials and helpers from the host club.

**What will it be like?**

Many meets we go to are over two days with two long sessions (each session may be up to 3 hours and this will include warm up time). You will sit with the rest of the team on poolside, so you have got to be patient waiting for your event. Obviously perfect behaviour will be expected at all times when representing MASC. Do be prepared to be on poolside for a long period of time, there is quite a bit of sitting around. Parents can usually watch from a viewing gallery. Parents will have to pay for admission to watch and will be given a programme of events so they can see who their child is racing against and the times of the other swimmers.

**How do I fill in the forms?**

The forms are sent out to you via email and should be quite clear as to how to fill them in. There will be a date that these have to be in (this will be a short time before the host club cut off time so MASC can go through them). If you are not sure – please ask, there are lots of adults and older swimmers there to help.

**What do I do on the day?**

Make sure you arrive in good time, about 30mins before warm up starts and report to the MASC coach. Get changed, meet on poolside (most galas will only allow you to bring a small bag on poolside but larger bags can be left with parents or in lockers). You will need to bring swimwear, MASC hat, goggles, 2 x towels, T-shirt, shorts, poolside footwear and plenty of drink and suitable food to keep you going!