

Tips For Registering For USA Swim Meets

Create an ome.swimconnection.com account for faster registration in the future.

Sign up for Multiple Events

- This will help give our swimmers more practice at swim meet competitions.
- They will have more opportunities to succeed at the meet.
- If they do get a disqualification in one event they have the opportunity to be successful in another.
- Swim meet session can be up to 4 hours long and have more events will make the day more worthwhile.

For beginner level swimmers only sign up for 50's or 100's. 200's are long and for more experienced swimmers

If you only want to attend some of the meet be sure to sign up for a few events near the beginning of the meet.

Check with your coach if you have any questions about what events to sign up for.

Always use a "No Time", NT, if you are signing up for an event our swimmer has never done before. Even if they are an experienced swimmer still use an NT.

Breaststroke Events

- Every swimmer likes the Breaststroke event because most believe it is easy.
- Breaststroke is the hardest stroke to do correctly and there are more disqualifications given in that stroke than all the other strokes combined.
- Check with your coach to see if your child is ready to compete in this stroke.

You can register for one day or both days, either is fine. We love to have you and your child/ren at the meet!

A swimmer can only compete in four events per day.

If our athlete goes to several meets try to register them for a variety of events and strokes. This way they get a well rounded experience and also possibly an IM Ready score or IM Xtreme score. See IM Ready and IMX motivational program information for more details.