

USA Swimming Memberships

USA Swimming Membership is required for athlete insurance and required for USA Swimming sanctioned meets. USA Swimming Membership is for a calendar year period on or after September 1 of the current year through December 31 of the following year.

USA Swimming Full Membership is \$85 (unlimited number of USA Swimming meets during the year). USA Swimming membership is an annual fee and includes meet insurance, Splash monthly magazine and a USA Swimming Deck Pass account. This membership level is required for Winter Swim Champs.

USA Swim Flex Membership is \$30. This membership is now only being offered to swimmers ages 12 and under. This level of membership allows swimmers to participate in 2 USA swim meets for the swim season year. This option is considered for summer swim and developmental group programs.

*After 2 swim meets, in order to enter a 3rd sanctioned USA Swimming meet the membership must be upgraded to the Full membership (upgrade fee \$55).

*Flex, like the year-round athlete membership, is for a calendar year period and can upgrade their membership at any time during this period. Also, like the year-round membership, individuals applying for Flex membership on or after September 1 of the current year will receive membership through December 31 of the following year.

Our team is in the Mid Atlantic Swimming division of USA Swimming. You can find all information related to this here: [Mid Atlantic Swimming](#)

USA Swimming Meet Time Standards

These Time Standards sheets are located on the team website under Documents - USA Time Standards. Here you will find qualifying swim champs time ranges for each event, if they are in the time range they have qualified and made it to the swim championship meet. You can find what size pool (SCY-short course yard, SCM-short course meter, LCM-long course meter) is at each swim meet on all Meet Announcements (also located on our team website under Documents). You will find this located under the Facility Description (most of the meets we go to are SCY). Is it beneficial to have swimmers know these time ranges prior to their meets so they are aware of their standings as their end goal is to qualify for a swim champs time. Parents are always doing their homework in the stands to see if their swimmer made a qualifying time in any of their events.

Meet Announcements

Here is where you will find out all detailed information about each swim meet. Location, Facility Description, Entry Fees, Session Times and Events, Warm-up Times, Admission Cost, etc. These are located on our team website under Documents – Meet Announcements

How a USA Swim Meet Operates

The team needs to be at their session time when coach tells them to be there for swim warm-ups. Sometimes there are chances throughout the session for additional warm-ups and cool downs if the meet facility allows an additional pool for that. Each swim meet has girls and boys in each event with several heats for each event. There are times when the swimmers will spend some down time waiting for their next event. You may have swimmers bring healthy snacks and drinks during this time, some meets do run snack stands as well.

Meet Attire

All swimmers must have a pair of goggles and wear their team suit and swim cap at all USA swim meets. Bring extra towels to dry off. Wear your team swag. Sweatshirts, sweatpants, warm-up jacket and/or team parka to stay warm in between events.