

### **How do I know what events my child is swimming in the meet??**

- Go to the team website, [www.hillsboroheat.org](http://www.hillsboroheat.org)
- Click on TEAM MANAGER ONLINE (left side of home page)
- Scroll down to the HILLSBORO SWIM TEAM on the drop down menu, click on the team name.
- Click on ENTRIES tab.
- Find the meet that you are interested in, click on the blue [entries](#)
- Entries for all swimmers will be displayed...scroll down to your swimmer's name. Listed are the event number, age category, distance and stroke. Write down the event numbers.

### **How do I know where the meet is and what time warm ups are?**

- Go to the team website, [www.hillsboroheat.org](http://www.hillsboroheat.org)
- Look on the right side of the home page, under the "upcoming meets" column
- Click on the name of the meet you are interested in. That will open the meet document, which contains meet information such as warm up times, meet location, order of events etc.
- You can determine which day(s) your swimmer is entered from the meet information by scrolling through the document to the order of events and matching the event numbers that your child is entered in (list that you wrote down from Team Manage Online (first step above) with the events listed in the meet information. Meet warm up times are listed in the meet information document, it's a rule of thumb to arrive at least 15 minutes prior to the start of warm ups to allow your swimmer to get settled and ready to get in the pool at the start of warm ups. Coaches prefer that swimmers sit together on the deck as a team.

For those of you who are new to swim meets, there are also some great articles on the HEAT website in the parent education section about "what to bring to a swim meet" and "fueling for performance". The USA swimming website also has a parent section which contains numerous articles that are helpful to parents new to the sport of competitive swimming. [www.usaswimming.org](http://www.usaswimming.org)