

What to Expect at a Figures Competition

I hope you are all looking forward to attending your daughters very first figure meet in their synchro career!! To help your day go smoothly here is a rundown on how a figures portion of the competition works.

FIGURES:

Each swimmer within a specific age group swims the same set of 4 figures. The figures are judged out of 10. The marks are averaged for each particular figure and the 4 scores are added together to determine the winner.

Before the competition...

What to bring...

- Club Uniform
- Deck Shoes
- Black Figures Suit
- White bathing cap
- 2-3 nose clips
- 2 Goggles
- Hair elastics
- White socks
- Running shoes
- 2 or 3 towels
- Robe or sweater to keep warm
- A few healthy snacks
- WATER!

The girls will be asked to arrive approximately a half hour to an hour before their warm up begins in order to stretch, get familiar with the pool, and how things work. Please arrive wearing your Club Attire and **NO nail polish or jewellery!**

Each swimmer in their respective age group will be given a number. The numbers are randomly assigned and will be the order they are to compete in. It is each swimmers responsibility to remember her number (the coaches will have lists to know which number each swimmer is as well). ****Note-** this number they are assigned will be different at every competition. ****** After the girls have stretched and been given their numbers, they will get ready to get in the water for the warm-up.

The warm-up...

For the warm up they will be instructed to wear their **black figure suits and white caps**. During the 15-minute warm-up the girls will have the opportunity to practice the figures that they will be competing. A whistle will then blow, indicating the end of warm up time.

The competition...

During the competition the pool deck and the stands will be silent to allow the swimmers to concentrate on what they are performing, meaning you will not be able to communicate with your daughter during the competition. There will be four panels of judges placed around the pool, one in each corner. Each panel is

responsible for judging one of each of the four figures; the panel will consist of four or five judges. The swimmers will rotate from panel to panel in order of their numbers. The numbers will be divided evenly between each panel. Example; panel number one will start with swimmers 1-20, panel number 2 will start with swimmers 21-40, panel number 3 will start with swimmers 41 to 60, and panel number 4 will start with swimmers number 61-80. The swimmers will have time in between each of their figures. This time will be spent on deck preparing for their next figure, and watching their teammates. During this time the swimmers may also want to eat a SMALL, HEALTHY snack. Each swimmer will finish the competition at different times depending on their number. Once the swimmers have swum all of their figures, they will be instructed to go and get changed.

Awards...

The awards ceremony will happen once the whole competition is over. Awards will be presented for 1st to 6th place in each tier level. I would ask that the girls stay for awards to cheer on their fellow Newmarket swimmers and teammates, regardless of whether they receive an award or not.

After the competition...

Depending on the time the competition ends, the team may want to go out for dinner at a nearby restaurant. This is just a suggestion and can be discussed at the competition between the parents. If desired, the parents must make the arrangements, as the coaches will be on deck with their swimmers.

Some tips for the parents...

The parents play an important role in supporting their daughters. Do not expect to see your daughter during the competition, as they will be focusing on their performance. Keep in mind that if you are watching your daughter perform she may be difficult to spot, as all swimmers will be dressed in black bathing suits and white bathing caps. Some tips on finding your daughter are having her use an easily recognizable towel or robe in between figures, or bringing a pair of binoculars to have a closer look at each of the girls. You should also be prepared with some nutritional snacks and bottles of water, as not only will the swimmers become hungry, but sitting watching in the stands can also be thirsty work. You may also want to wear a "summery" top as sitting in the stands of a pool deck can become very hot. Feel free to bring along your favorite portable project as there will a large amount of sit around and wait time in the stands.