



## **Frequently Asked Questions for Hammerhead swim meets with Swim Neptune**

### **Who runs the meets?**

Swim Neptune swim club runs the meets at Moon Valley Country Club. We are guests. Meets are casual and move quickly.

### **Who is the HFSS coach?**

Jessie Liebner will be the meet coach most of the time. Occasionally we have a sub or second coach on site. Carmella Solano will help with the administrative side and communication between Swim Neptune and parents.

### **How do we find the coach?**

Check in with the coach when you arrive. The coach will be in a red HFSS shirt or other HFSS uniform gear.

### **Does the coach know what my swimmer's best stroke?**

Only if they have seen them swim before. We encourage open communication with coach when you arrive.

### **What strokes do we swim for the meet?**

Different per meet. Swim Neptune determines. Details listed on HFSS website.

### **Does my swimmer have to swim all 3 strokes for the meet?**

Tricky question. Not required however highly encouraged. These meets are meant to encourage Hammerheads to get a feel for competition and racing with multiple strokes.

### **Where do you post the overall results? By when?**

We email them to parents once we get results from Swim Neptune. Usually takes a few days.

### **If I miss the meet, do I get a refund?**

Please keep in mind we pay a fee to Swim Neptune per swimmer to hold your child's spot. There is a difference between "miss" and "cancel". If you let us know more than 24 hours in advance, we can work with you. If you miss the event, we can apply the funds to HFSS lessons or a future meet. No refunds.

### **What does my swimmer need to bring to the meet?**

Swimmers must bring their own swim gear. Goggles, swim cap, towel, etc.. It is an outdoor pool so appropriate clothing is recommended. Showers are available at the location.

### **What kind of swimsuit should my swimmer wear?**

Girls: one piece, racing style is best.  
Boys: jammers or a "speedo" are best.



No swim shirts and no board shorts.

**Should my swimmer wear a swim cap?**

It is preferred. Caps are sold at HFSS.

**What time does the meet end?**

It varies however most of the time we are out of there around 5:15.

**Who can swim in this meet?**

Any current or past HFSS swimmer who is at the Hammerhead level.

**“Championships” include prelims and finals. Is it one fee for both or separate fees?**

It is one total fee for both events. Not all swimmers advance to finals.

Swimmers do not need to “qualify” for Prelims. They just sign up like a normal meet; however, we will contact them beforehand and ask them to choose only 3 strokes out of the four strokes offered. The top six times in each event (split by gender and age groups) will move from prelims on to finals. Swim Neptune organizes the times before Prelim is over and posts them on a window for everyone to see before they leave.