

CBST – Swimmer Seed Times

Remember that our coaches coach CBST swimmers to be able to swim their race from any heat and lane. Please do not focus on their seed times being 100% correct at all times – this can lead to unnecessary anxiety for your swimmer. That said, our coaches do want to have the best times possible for each swimmer for each race. Please help them do that in the following ways:

If your swimmer attends a meet that CBST doesn't attend as a team, inform Coach Stu at cbswimteam@gmail.com **AND** Heather Yim at heayim@cbsd.org immediately after the meet. Be sure to email – do not simply mention it.

New swimmers: If you have previous USAS times, we do not have them in the CBST database. Until you swim any particular event at a USAS meet attached to CBST, your seed time for that event will be NT. If you have USAS attained times and would like them to be used for your seed times, please email those times (we must be able to confirm them in the USAS database) to Heather Yim at heayim@cbsd.org **AND** Stu Kukla at cbswimteam@gmail.com no later than the availability deadline for any given meet.

Know that our coaches update entry files up until the last possible time that any given host team allows. So, our ability to get the most up-to-date times into a meet as seed times is impacted by how quickly the host at the meet where the time was attained makes the results file available, and how far in advance the host of the meet for which you want the seed time to be used requires entry files to be final. Sometimes changes can be made from meets the week before (though this is rarely the case) and sometimes, no changes can be made after initial submission (which could be as much as 5 months before a meet occurs). Further, for meets which require use of the Online Meet Entry system, that system controls the seed times based on the USAS database and coaches cannot override seed times.

If you find prior to a meet that your child has an updated time that should be used as a seed time, email Stu **AND** Heather right away and if it can be updated it will be. If it cannot be updated or if you arrive at a meet and find that your child's seed time is not your child's best time, please do not focus on it with your swimmer. If your swimmer brings it up, share that the coaches have prepared swimmers to swim their races from any heat/lane and swimmers should always do their best and that the seed time is not important.