# Arena swim meets

Prepare your team, print the coach pack and review the meet.

## 01 Select your club and sign in

Open **swimsquad.net**. Select your **Swimming club**, then sign in using the **coach username and password** issued for that club.

## 02 Open Arena League

On the main menu, choose the **Team / Arena League** button. Check the selected round and meet details before preparing your team.

## 03 Confirm availability or choose swimmers

**Availability:** confirm who is attending. Mark swimmers **Available**, **Declined** or **Injured**; the team sheet updates automatically.

**Or go straight to Selection:** use each individual event's **Override** dropdown. Keep **Auto** for automatic selection or choose a named swimmer.

**Backups (in order)** shows up to the next **three eligible swimmers and their times**. Declined or injured swimmers are excluded. Check any **"at limit"** notes.

## 04 Print and distribute the coach pack

Select **Print Coach Pack**, then **Save as PDF** or your PDF printer. Check the team sheet and backups, then distribute to the coaching team and print poolside copies.

## 05 After the meet: review and print the debrief

Open **Meet De Brief** and use **Check official Arena results**, or upload the correct gala PDF. Review and **save** the results, then use **Print Meet De Brief Pack**.

For one swimmer: choose the saved meet and swimmer, then **Individual swimmer debrief** and **Print swimmer debrief**. Comments are optional; blank sections are omitted.

Saved times also appear in **Swimmer Performance**; choose the event, course and **Arena League** source. Future rounds retain **Print Coach Pack**.

> For a genuine pre-meet comparison, open Meet De Brief and save a prediction snapshot before meet day. Keep your printed PDFs and result exports.