

GENERAL SWIM TEAM INFORMATION

A swimmer may swim in a total of 3 individual events and 2 relays, per meet.

THE ORDER OF EVENTS, FOR EVERY STROKE IS:

8 and under girls,
8 and under boys.
9-10 girls
9-10 boys
11-12 girls
11-12 boys
13-14 girls
13-14 boys
15-18 girls
15-18 boys

THE ORDER OF EVENTS FOR EVERY SWIM MEET IS:

Medley Relay – 3-4 swimmers take turns swimming one lap of the back stroke, breaststroke, butterfly, and freestyle. If you have only 3 swimmers, one swimmer will swim twice. Some meets do not allow for 3 person relays.

Free - Also known as the American Crawl, Front Crawl or Short Free

Back Stroke

Butterfly

Long Free - Swimmers swim the Free Style stroke (as above), but for a longer distance

Breast Stroke

IM—Individual Medley—One swimmer swims all four strokes

Free Relay—Free Style Relay—3-4 swimmers all swim the Free style stroke. If you have only 3 swimmers, one swimmer will swim twice. Some meets do not allow for 3 person relays.

DISTANCES:

The age groups of 8 and under and 9-10, swim 25 yards or one length of a stroke

The age groups of 11-12, 13-14, 15-18, swim 50 yards or two lengths of a stroke.

The only exception is for the Long Free. In the Long Free, the 9-10 age group swims 50 yards or 2 lengths. The 11-18 age groups swim 4 lengths or 100 yards.