## 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 a s 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 33 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.

