

Summer 2011

A Family Guide to the **FSRA/YMCA** **Summer Swim Team**

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INTRODUCTION

Swimming is a wonderful sport to be involved with and one which offers enormous physical benefits. First and foremost swimming builds a strong aerobic system, the system that produces long term energy from the breakdown of fat. In a typical swim practice athletes are actively performing 90% of the time with little to no down time. The result of this type of practice allows for the constant and continual use of most every muscle in the body without any high impact stress on the joints. Therefore, swimming is the most injury free sport for children and is a great life-long sport that is safe and beneficial for everyone.

The sport of swimming incorporates the best of both worlds because it is both an individual and a team sport. In a swim meet you are racing against the clock and your own best times, but you are also racing against other swimmers and contributing to your team's success in relay events. During practices athletes are grouped by age, experience level, and practice speed. Since swimmers have the opportunity to observe their peers during practices each swimmer is pushed to perform his best and sometimes even "out-do" his teammate in the next lane. In swimming, no one "sits on the bench" because everyone gets a chance to compete at the best of his ability.

This packet is meant to provide some helpful information for parents and swimmers who are new to the sport, to provide important schedules and calendars for the season, and to provide important policies regarding the program. All families should read the following pages to be familiar with the rules of the club.

PRACTICE SCHEDULE:

Age	Days (Location)	Time
6 & under	Mon/Wed/Fri (FARM) Tue/Thurs (Y@M)	5:00 pm-5:30 pm
7-10 years old	Mon/Wed/Fri (FARM) Tue/Thurs (Y@M)	5:30 pm-6:15 pm
Ages 11 and up	Mon/Wed/Fri (FARM) Tue/Thurs (Y@M)	6:15 pm-7:00 pm
All age groups *morning practices begin Monday, June 15	Monday-Friday (FARM)	9:00 am-10:00 am

Fees: \$115 per child (price include t-shirt, pre-champs pasta dinner, end of season party, newsletters, extras) 3rd child discount for Y members: **\$55**

***Fees must be paid in full upon registration. Fees will not be pro-rated.**

For the Y registration begins May 3rd ; you may register Online at www.chcymca.org or in-house at the YMCA at Meadowmont or the Chapel Hill-Carrboro YMCA. For the Farm you may register anytime at the main office or pool office beginning May 16th. Registration forms will also be distributed at the kick-off picnic and suit fitting events.

***Please make checks payable to the facility where you are a member:
FSRA or YMCA***

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COACHES' RESPONSIBILITIES

The coaching staff is dedicated to creating an environment that will allow each swimmer to learn the value of striving to be his or her best.

1. The coaching staff is responsible for designing the overall program levels offered by FSRA/YMCA. Furthermore, it is the responsibility of the coaches to place swimmers at the appropriate program level based on age/ability and to move swimmers when necessary.
2. The coaching staff is responsible for the entire training program including stroke instruction and practice sets. Additionally, it is the responsibility of the coaching staff to maintain discipline on the pool deck during practice.
3. The coaching staff is responsible for communicating with parents via email, flyer postings.
4. The coaching staff, with the help of swimmers, is responsible for proper pool set-up, including backstroke flags and lane lines, and takedown for each practice and meet.
5. At meets, the FARM/YMCA coaching staff will conduct and supervise warm-up procedures for all team members. After each race the coaches will offer feedback regarding the swimmer's performance. The building of the relay team is the responsibility of the coaching staff.

Y CORE VALUES

The swim coaches of our collaborative FSRA/YMCA team will uphold the YMCA Sports Philosophy:

Our goal is for everyone to participate and have as much fun as possible during their time with the team. We certainly hope that our team members will learn a great deal about swimming this summer, but most importantly we want them to leave feeling good about themselves and what they have experienced and accomplished. Our core values of Caring, Honesty, Respect, and Responsibility will be a large part of everything that we do and we sincerely hope that our families will support those values by being a positive example on the fields and by taking time to discuss those values with their children as they relate to their swimming experience.

The YMCA core values will play an integral role in swim team practices and swim meets.

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APPLYING THE Y CORE VALUES

The swim coaches will begin each swim practice with a brief discussion of one of the core values of the YMCA. We will ask the swimmers to explain in their own words the meaning of the core value and give examples of how that core value might look in the swim practice or swim meet setting.

CARING –

HONESTY –

RESPECT –

RESPONSIBILITY –

COACHING STAFF - TBD

CONTACT INFORMATION

YMCA at Meadowmont
301 Old Barn Lane, Chapel Hill, NC 27517

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Senior Director - Aquatics
(919)442-9622 ext. 136
nsmith@chcymca.org

Lanie Beech
Aquatics Director
(919) 945-0640
lbeech@chcymca.org

Faculty Staff Recreation Association (The Farm)
www.uncfarm.org
Ben Allred
Club Manager
uncfarm@hotmail.com
962-3276 (office)
968-7644 (pool)

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PARENTS' RESPONSIBILITIES

Parents play an integral role in the success of the swimmer. Support and encouragement of their athlete's effort will allow the swimmer to progress toward his or her own goals.

1. Parents are responsible for providing love and encouragement regardless of the swimmer's performance. Technical feedback and analysis of a swim will come from the coaching staff.
2. Parents will provide transportation to and from practices and meets. Being on time is also very important.
3. Proper rest and nutrition make successful swimming possible. Parents are encouraged to monitor their swimmer(s).
4. Parents are responsible for payment of dues/registration fees.
5. FARM/YMCA parents are expected to maintain a positive image of the team to the community and to always promote good sportsmanship. Verbal support of the program and staff of the FSRA/YMCA is expected of all parents whose children participate on the team. They also are expected to encourage each swimmer to shake hands or high five with the competitors and congratulate them on their swim.
6. Parents asked to volunteer for a minimum of 4 meets. If the parents have any ideas of how to help, they should please bring this to the attention of the parent representatives. Everyone can help to make the swimmers' experience a positive one.
7. Communication is key. If the parents have any questions, comments, or concerns about practices they should please discuss it directly with someone from the coaching staff, but to make sure this is done before or after, but NEVER during practice.
8. It is the responsibility of all parents to be a positive role model. Positive attitude breeds positive attitude.

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How you can help your swimmer!☺

As a parent, there are things you will be asked by us to do, and other things that either you cannot or should not do:

What you **can** do:

- Help your child fulfill his or her commitments. Be on time for practices and meets. In most cases your children depend on you for transportation. Teach them punctuality. Try to have the swimmer at practice 15 minutes before it begins and at meets 20 minutes before warm-ups.
- Monitor their rest. Be sure they get adequate rest.
- Be sure they eat a well balanced diet. Like the amount of sleep, this can affect how the child feels and swims.
- Help communicate. Talk with the coaches at periodic intervals about progress and problems.

What you **cannot** do:

- You cannot swim for your child.
- You cannot practice for your child.
- Go behind the blocks during a meet.

Helpful Hints for Parents on Communicating with the Coach!☺

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved that way, but in fact this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach:

Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.

Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 20-200 members. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short-term inconvenience.

If your child swims for an assistant coach, always discuss the matter first with the coach, following the same guidelines and preconceptions noted above. If the Assistant coach cannot satisfactorily resolve your concern, then ask that the Head coach join the dialogue as a third party.

If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

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SWIMMERS' RESPONSIBILITIES

Swimmers who choose to become a member of the FSRA/YMCA Summer Swim Team have been given a special opportunity. As each swimmer progresses through the different program levels it is expected the swimmer will continue to be dedicated to hard work, punctuality, and encouragement of all swimmers.

1. Swim team members will maintain a high standard of behavior at all times, both in and out of the water.
2. Swimmers will follow the behavioral guidelines set by the coaching staff at all practices, meets, or other team functions.
3. Team spirit is vital to the success of the program. All team members are responsible for actively supporting each other and the team at all times.
4. Swimmers, along with parents and coaches, are responsible for keeping the lines of communication open and honest between all members of the "swimming family".
5. Respect for team members, parents, officials, and coach's is of primary importance. Good sportsmanship is expected of each swimmer at all times and is a necessary part of the program.
6. Every swimmer must uphold and respect the YMCA core values of Caring, Honesty, Respect, and Responsibility.
7. Practice commitment should be honored to the best of a swimmer's ability. An honest effort is expected at every practice and competition.
8. Senior swimmers are expected to serve as positive role models for all team members.
9. Swimmers are responsible for letting their coaches know if they are NOT going to swim at swim meets.

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PRACTICE GUIDELINES AND RECOMMENDATIONS

The following guidelines are to inform parents and swimmers of the coaches' guidelines regarding practice. These guidelines have been developed to provide the best possible practice environment for all.

1. Swimmers should try to arrive at least 15 minutes prior to the start of practice to allow adequate time for changing, socializing, eating a snack, etc. The swimmers are encouraged to be standing on deck with cap and goggles already on, prepared to jump into the water 5 minutes before practice begins.
2. Plan to stay the entire practice. The last part of practice is very often the most important. Usually, there are also announcements made at the end of each practice.
3. During practice times, the swimmers have the responsibility to stay on deck.
 - A. During practice sessions, swimmers are never to leave the pool area without coach's permission.
 - B. Parents are asked to please observe from a distance.
 - C. Please be considerate and keep conversations at a low volume level. Do not try to communicate with any swimmer from the observation area. This is not only distracting to the swimmer, but can also be distracting to the entire team as well as the coach.
 - D. **Swimmers are asked to bring the following equipment to each practice:**
 - Cap or hair tie
 - Goggles (two pairs in case one breaks)
 - Water Bottle (Hydration is important)
 - Towel
 - Snug fitting swim suit

LANE ETIQUETTE

Whenever you share a lane with someone, there are certain rules of etiquette that you need to follow. Lane etiquette is important to keep good friends from knocking each other's goggles off, bashing heads, and twisting their arms off at the shoulder socket. Lane etiquette helps practice run more smoothly. It helps you swim better, and it makes Coach happy. Here are ten rules of the road:

1. Circle swim. In most pools, this means swimming on the right-hand side of the lane. If you swim down the middle, you can bonk someone's head...or injure your shoulder...or mess up someone's concentration.
2. Just before you reach the wall, if there's room, you can move to the center of the lane to do your turn, but make sure you push off along the right-hand side of the lane. Don't push off in the middle of the lane!
3. Don't stop in the middle of the length! This can cause a pileup behind you. Try to keep going to the end of the length.
4. If other swimmers catch up to you, don't stop in the middle of the length to let them pass. Swim to the end of the pool and immediately get over to the far right so they can pass. Push off after they've finished their push-off.

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5. If you're the one who wants to pass, be patient. Don't swim over top of the persons in front of you, or try to speed around them. You could injure yourself or someone coming the other way. When you want to pass, gently tap or tag the toes of the person in front of you. This is the sign that they should stop at the end of the length and let you pass.
6. Don't tailgate! Wait 5 seconds before you push off behind someone. Then, if you catch the swimmer ahead of you, tap his foot and go ahead of him at the end of the length. It's annoying to another swimmer if you stay right at his foot and don't signal to pass. Worse yet is to keep hitting his foot every time you take a stroke.
7. No pulling on the lane lines!
8. Start and finish each swim at the wall. If you finish by stopping two yards from the wall, you prevent the people BEHIND you from finishing to the wall.
9. Be aware of the others in your lane. Let your lane-mates finish their swims at the wall. Even if you have eight people in your lane, the last person has the same rights as the first person.
10. If you are leading your lane, you have responsibilities. Be a leader! That means you should have your goggles on and be ready to push off when Coach says, "Ready, GO!" It means you have to know the sendoff. You have to keep track of how many lengths you've swum and how many repeats you've done. This can be a challenge if you're doing, say, 20 x 25 or 10 x 50. One trick is to get your lane-mates to help. Do a group countdown. Get everyone involved in keeping track. You have to make sure everyone in your lane has a chance to finish at the wall. You need to encourage your lane-mates. Be aware of how others are doing. You need to set the example for speed and perfect technique, then help others along by encouraging them. You need to start the high-fives at the end of a tough set and at the end of each practice.

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COMPETITIVE STROKES

The four competitive strokes are (1) freestyle, (2) backstroke, (3) breaststroke, and (4) butterfly. Events are held in all of the competitive strokes at varying distances depending on the age-group of the swimmer. In addition, there is a combination of the strokes swum by one swimmer in the order butterfly, backstroke, breaststroke, and freestyle (individual medley). Other swimming events include relays, which are a group of four swimmers who either all swim freestyle (freestyle relay) or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly and freestyle (medley relay).

WHAT TO BRING TO MEETS

Swimmers:

- Spare suit (in case on rips)
- Goggles – 2 pairs (in case one breaks)
- Swim Cap – 2 (in case one rips)
- Towels
- Flip flops
- Change of clothes
- Sweats (need to be warm, especially the shoulders if cool day)
- Water bottles
- Entertainment
- Snacks (optional)

Parents:

- Folding chairs (most pools do not have bleacher space)
- Entertainment (books, magazines, crossword puzzles, etc.)
- Pen
- Highlighter
- Sharpie

Inclement Weather Policy

Before Practice: Any cancellation to swim practice due to inclement weather will be announced in the following manner: (a) sign posted on pool gate, (b) email will be sent to parents. You may also phone:

YMCA at Meadowmont ph# 919.945.0640

FSRA office ph# 919.962.3276 FSRA Pool ph # 919.968.7644

During Practice: For everyone's protection practice will be suspended during thunder or lightning storm. Practice *may* commence thirty minutes after the last occurrence of either thunder or lightning. (The coaches and pool staff will make this decision on-site.) Everyone must clear the pool deck area. It is not recommended that you shower during electrical storms.

Swim Meets

Please see the schedule below for a list of swim meets. Dual meets are scheduled weekly. A rain date and a bye date have been provided for in the schedule. For each weekday meet, swimmers should arrive at the host pool to start warm-ups at **3:45pm**. Meets will begin at **5:00pm**. **Please notify the coaches that your swimmer will NOT be attending a meet by signing OUT of the meet; a notebook will be at each pool's entry desk for this purpose!** Swimmers must swim in at least 2 dual meets to qualify to swim in the championship meet. **THIS YEAR THE CHAMPIONSHIP MEET WILL BE HELD AT THE TRIANGLE SPORTSPLEX IN HILLSBOROUGH**, and may be comprised of three sessions. A season ending awards

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potluck banquet will be held the Sunday after the championship meet at the FSRA picnic shelters. Details will be announced at a later date.

At meets, swimmers ages 6 and under generally swim free style, backstroke, and perhaps a relay. Older swimmers may swim up to 3 individual events and 2 relays. **Please do not leave a meet early unless you check in with the head coach—your child may be needed for a relay event** and these are big point winning events!

All swimmers who participate in the meets will receive ribbons! Place ribbons will be awarded to swimmers placing 1st-6th. Those who do not place in the top 6 will receive a participation ribbon for each meet they complete. All swimmers will have a ribbon file at the Farm pool.

There are 3 home meets this year and 3 away meets. The home meets are held at The Farm. Please note that glass containers are NOT permitted in the pool area. Coolers ARE permitted, and a snack bar is available. Please bring extra towels, drinks and food as desired, and games (cards, gameboys, etc.) for children (and non-swimming siblings) to play while they wait to swim.

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2011 FSRA/YMCA MEADOWMONT SWIM TEAM SCHEDULE

Sunday, April 10	Ice Cream Social and Suit Fitting at the FSRA Clubhouse
May 14-15	Swim for Smiles Youth Triathlon (www.swimforsmiles.org for more information)
Monday, May 16	Swim Team Kick Off Picnic 6:00 PM at the FSRA Shelter
Monday, May 23	First Day of Practice
Saturday, June 4	Farm/YMCA vs. Exchange (meet location TBD)
Wednesday, June 8	BYE (no meet)
Monday, June 13	Morning practices start at FSRA Lower Pool at 9 AM
Saturday, June 18	Farm/YMCA @ Heritage Hills
Wednesday, June 22	Hollow Rock/Hillsborough/Stoneridge @ Farm/YMCA
Saturday, June 25	Tennis Club @ Farm/YMCA
Wednesday, June 29	Farm/YMCA @ Southern Village/Governor's Club
Tuesday, July 5	Country Club/Ridgewood @ Farm/YMCA
Thursday, July 7	Raindate
Saturday, July 9	Raindate
Sunday, July 10	Swim For Smiles Wacky Relays at Koury Natatorium
Friday, July 15	Pre-Champs Pasta and Poster Party 6 PM at FSRA Shelter
Saturday, July 16	Championship Meet at Koury Natatorium
Sunday, July 17	End of Season Banquet – 6 p.m. at FSRA Shelter
TBA	“Hoe-Down” social event
TBA	Rock and Roll Night/Skits and Talent Show at FSRA Shelter

Weekday meets: Home team warms up at 4 pm; visitor warm up at 4:25 pm; meets starts at 5 pm.

Saturday meets: Home team warms up at 8 am; visitor warm up at 8:25 am; meets starts at 9 am.

Volunteer arrivals: Chaperones should arrive 10 minutes before our team warm-ups. All other volunteers should plan on checking in at least 20 minutes before the meet starts.

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VOLUNTEERS

Each swimmer on the team is expected to have a parent volunteer able to work at LEAST 4 SWIM MEETS this 2011 season. The volunteer effort needed to make the swim meets run quickly and efficiently is tremendous. There are a variety of jobs to suit everyone's tastes and interests. If everyone contributes throughout the season, the load will be lessened for each of us. No experience is needed for any of these jobs—training will be provided as needed. **PLEASE HELP OUT! We will recruit volunteers with emails before each meet so if you have an email address, be sure it is on your registration form.** If you do not have email, let Susan Wood know which jobs and which meets you can work. We are doing this for our kids!

Age Group Chaperones for age groups 8 & under and 9/10 year olds- Help keep younger swimmers under control and make sure they are around to swim their events. Find and organize the swimmers in your age group who are swimming an upcoming event. Distribute entry cards to swimmers before their events.

Clerk of Course – Organizes swimmers into proper lanes before each race. Clerk of Course section consists of rows, benches or chairs for swimmers. Clerk puts swimmers in chairs corresponding to heat and lane.

Timers – Time each race. Start the watch when the horn sounds and stop it when the swimmer touches the wall. One timer per lane records the results of the swimmer's times on his entry card.

Runners – Take cards from swimmers to timers (for 25-yard races). Take cards timers have completed to scoring table. Pick up DQ slips from stroke judges and place cards from place judges.

Scorers – A desk job. Sort all cards from a race fastest to slowest. Record times on score sheet and tabulate points.

Data Entry Clerk – Take cards from scorers and enter results into Team Manager. Generate ribbon labels for ribbon writers.

Ribbon Writer – Take labels generated by Team Manager and glue them onto ribbons.

Stroke and Turn Judge – Watch each race and make sure swimmers swimming according to CHSSL rules. Write disqualification and warning slips when swimmers make mistakes. Good job for someone with a swimming background. Must attend training session in early June.

Starter – Announces and starts each race. Must attend training session with CHSSL officials in early June.

Volunteer Coordinator – Recruits and Coordinates volunteers prior to swim meets via email communications and directs (assigns) volunteers during swim meets

Meet Director – Directs swim meets by coordinating with Volunteer Coordinator to ensure a sufficient number of volunteers are available, communicates with Starter and visiting team parent representative, ensures swim meet " paperwork" is copied and in abundance.

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Swim For Smiles Coordinator - Farm/YMCA parent representative for Swim for Smiles; attends any meetings, distributes and collects information, is a cheerleader for our team and the event

In addition, there are a few jobs that do not involve working at meets. If you have small children to attend to during the meet or can't stand in the sun so long, these jobs may be for you.

- Submit results from home meets to the Chapel Hill News.
- Coordinate Swim-A-Thon activities for the team.
- Social events coordinator; pasta dinner, etc.
- Distribute ribbons to swimmers' folders kept at the FSRA pool

Club Directions

Exchange Pool 401 Umstead Drive, Chapel Hill 967-8840

Begin on RALEIGH RD/NC-54 W. Continue to follow RALEIGH RD.
RALEIGH RD becomes NC-54 BR N.

Stay STRAIGHT to go onto NC-86/N COLUMBIA ST. Continue to follow N COLUMBIA ST.

Turn LEFT onto W LONGVIEW ST.
W LONGVIEW ST becomes PRITCHARD AVE EXT.
Turn LEFT onto UMSTEAD DR.
Exchange Pool on Left - 401 Umstead Dr.

Chapel Hill Country Club 103 Lancaster Drive, Chapel Hill 967-8201

Begin on RALEIGH RD/NC-54 W. Continue to follow RALEIGH RD.
Turn RIGHT onto PINEHURST DR.
Turn RIGHT onto LANCASTER DR.
Chapel Hill Country Club on Left – 103 Lancaster Dr.

Heritage Hills 621 Yorktown Road, Chapel Hill 968-9597

Begin on RALEIGH RD/NC-54 W.
Merge onto US-15 S/US-501 S/ N FORDHAM BLVD toward CARRBORO/PITTSBORO.
Take US-15 S/US-501 S/ NC-86 N ramp toward CHAPEL HILL/PITTSBORO.
Turn LEFT onto NC-86/ S COLUMBIA ST/US-15/US-501.
Continue to follow US-15 S/ US-501 S.
Turn RIGHT onto SMITH LEVEL RD.
Turn LEFT onto YORKTOWN DR.
Heritage Hills Pool on Left – 621 Yorktown Dr.

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Hollow Rock Racquet & Swim Club
5100 Erwin Rd., Durham
489-1550

Begin on RALEIGH RD/NC-54 W.
Merge onto US-15 N/US-501 N/ N FORDHAM BLVD toward DURHAM. (2.4)
Turn SLIGHT LEFT onto ERWIN RD. (3.4)
Hollow Rock Club on Left – 5100 Erwin Rd.

Southern Village Racquet Club
601 Brookgreen Dr., Chapel Hill
969-8442

Begin on RALEIGH RD/NC-54 W.
Merge onto US-15 S/US-501 S/ N FORDHAM BLVD toward CARRBORO/PITTSBORO.
Take US-15 S/US-501 S/ NC-86 N ramp toward CHAPEL HILL/PITTSBORO.
Turn LEFT onto NC-86/ S COLUMBIA ST/US-15/US-501.
Continue to follow US-15 S/ US-501 S.
Turn RIGHT onto MAIN ST.
Turn RIGHT onto MARKET ST.
Turn RIGHT onto BROOKGREEN DR.
Southern Village Club on Left – 601 Brookgreen Dr.

Chapel Hill Tennis Club
403 Westbrook Dr., Carrboro
929-5248

Begin on RALEIGH RD/NC-54 W.
Merge onto US-15 S/US-501 S/ NC-54 ramp toward CARRBORO/PITTSBORO.
Merge onto S FORDHAM BLVD W.
Turn LEFT onto WESWTBROOK DR.
Chapel Hill Tennis Club is straight ahead – 403 Westbrook Dr.

**Chapel Hill Summer Swim League
Dual Meet Order of Events**

<u>GIRLS</u>			<u>BOYS</u>	
1	11-12	100 IM	11-12	2
3	13-14	100 IM	13-14	4
5	15-18	100 IM	15-18	6
7	6&U	25 Free	6&U	8
9	7-8	25 Free	7-8	10
11	9-10	25 Free	9-10	12
13	10&U	50 Free	10&U	14
15	11-12	50 Free	11-12	16
17	13-14	50 Free	13-14	18
19	15-18	50 Free	15-18	20
21	6&U	25 Back	6&U	22
23	7-8	25 Back	7-8	24
25	9-10	25 Back	9-10	26
27	10&U	50 Back	10&U	28
29	11-12	50 Back	11-12	30
31	13-14	50 Back	13-14	32
33	15-18	50 Back	15-18	34
35	6&U	100 Free Relay	6&U	36
37	7-8	100 Medley Relay	7-8	38
39	9-10	100 Medley Relay	9-10	40
41	11-12	200 Medley Relay	11-12	42
43	13-14	200 Medley Relay	13-14	44
45	15-18	200 Medley Relay	15-18	46
47	6&U	25 Breast	6&U	48
49	9-10	25 Breast	9-10	50
51	11-12	50 Breast	11-12	52
53	13-14	50 Breast	13-14	54
55	15-18	50 Breast	15-18	56
57	6&U	25 Butterfly	6&U	58
59	9-10	25 Butterfly	9-10	60
61	11-12	50 Butterfly	11-12	62
63	13-14	50 Butterfly	13-14	64
65	15-18	50 Butterfly	15-18	66
67	6&U	100 Free Relay	6&U	68
69	9-10	100 Free Relay	9-10	70
71	11-12	200 Free Relay	11-12	72
73	13-14	200 Free Relay	13-14	74
75	15-18	200 Free Relay	15-18	76