



# Beulah Stingrays Swim Team

Parent/Swimmer Handbook

General Information, answers and responsibilities of and for swimmers and parents about the swim season.

**Sue Scanlan, Swim Team Director**  
**Heather Harwood, Head Coach**  
**5/26/2009**

## SWIM TEAM CALENDAR OF EVENTS FOR 2009 SEASON

Throughout the summer, there are various special events for the swimmers and/or their parents.  
The success of these events depends on family participation.

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>WHERE</u>	<u>WHAT</u>
Tuesday	May 26	5:00 pm	Beulah Pool	Practice begins
Saturday	June 13	8:00 am	Beulah Pool	Meet – Chester at Beulah (7:15 am warm ups)
Thursday	June 18	6:30 pm	Salisbury	Meet - Beulah at Salisbury
Tuesday	June 23	6:30 pm	Walton Lake	Meet - Beulah at Walton Lake
Sunday	June 28	6:00 pm	Beulah Pool	Team Pictures/Potluck Dinner Party
Tuesday	June 30	6:30 pm	Beulah Pool	Meet - Woodland Pond at Beulah
Saturday	July 4	TBA	Beulah Pool	Independence Day Cookout
Tuesday	July 7	6:30 pm	Beulah Pool	Meet - Queensmill at Beulah
Tuesday	July 14	6:30 pm	Highlands	Meet - Beulah at Highlands
Friday	July 24	6:30 a.m. (warm-up) 8:00 a.m. (Meet Starts)	Beulah Pool	Champs for Youth, Mites & (Rain Date Sunday, July 31)
Saturday	July 25	6:30 a.m. (Warm-up) 8:00 a.m. (Meet Starts)	Beulah Pool	Champs for Jrs., Inter. & Srs (Rain Date Sunday, July 31)
Sunday	July 26	TBA	Beulah United Methodist Church	Team Banquet
Monday	Sep 6	12:00 p.m.	Beulah Pool	BST Labor Day Picnic

**Meet times listed above are start times.**

**Swimmers must be present by 5:30 p.m. (unless otherwise indicated), check in with Kathy Woodward and be ready for warm ups**

**Volunteers need to arrive 30 minutes before the meet begins.**

## TABLE OF CONTENTS

CALENDAR OF EVENTS .....	inside cover
INTRODUCTION.....	4
TEAM STAFF .....	4
BEULAH TEAM PHILOSOPHY .....	4
CAL MISSION STATEMENT .....	4
FEES & REGISTRATION .....	5
FUNDRAISING .....	5
SWIMMING APPAREL.....	5
TEAM PICTURES/PARTY .....	5
PRACTICE SCHEDULE .....	6
AGE GROUPS .....	6
LEVELS OF COMPETITION (GOLD, SILVER, BRONZE) .....	7
SWIM MEETS - GENERAL INFORMATION .....	7
AWAY MEETS – CLUBS & DIRECTIONS .....	8
CHAMPIONSHIPS	
• GENERAL INFORMATION.....	9
• HEAT SHEETS.....	9
• MEET SCHEDULE.....	9
PARENT VOLUNTEER OPPORTUNITIES.....	10
AWARDS (CAL AND BEULAH).....	11
DUAL MEET SCORING.....	11
STROKES & TURNS GUIDELINES.....	12
DUAL MEET EVENTS LISTING.....	13
TIME STANDARDS (2009) .....	14

## INTRODUCTION

The purpose of this handbook is to provide general information regarding the Beulah Recreation Association Swim Team (BST). Please take the time to familiarize yourself with the contents since many of your questions and concerns are addressed here.

The CHESTERFIELD AQUATIC LEAGUE (CAL) also publishes its own handbook yearly. It covers the program from a technical standpoint and in much more detail. A copy of this handbook will be kept with the meet supplies.

We hope this booklet will serve as a resource for you throughout the season. If you have questions which are not answered in this book, we encourage you to ask the Swim Team Director, Parent Representative or one of the coaches.

## SWIM TEAM STAFF

Beulah's Swim Team Director is **Sue Scanlan** (706-1174 email [codynrose@aol.com](mailto:codynrose@aol.com)). The Parent Representative to CAL is **Ginger Garvey** (512-1728 email [glgarvey@verizon.net](mailto:glgarvey@verizon.net)).

We are pleased to have **Heather Harwood** again as our Head Coach ([heatherswims@aol.com](mailto:heatherswims@aol.com)) along with **Nicole Justice** and John **Woodward** as Assistant Coaches. If you have questions or concerns feel free to contact our staff as indicated above.

## BEULAH SWIM TEAM PHILOSOPHY

The purpose of the Beulah Recreation Association Swim Team is to foster fun, fitness and competition. Team participation promotes unity, sportsmanship, self-esteem, self-improvement and social interaction among a wide variety of age groups. Inherent in this team atmosphere is the goal to strive for personal excellence in the spirit of goodwill and fair play.

Since the Chesterfield Aquatic League offers a competitive swimming program on three different levels, there is plenty of room for children from ages 4 - 18 to take part. Every child has a chance to contribute, regardless of whether they are a beginner or accomplished swimmer.

## CHESTERFIELD AQUATIC LEAGUE (CAL) MISSION STATEMENT

The mission of the Chesterfield Aquatic League is to provide swimmers and their families an opportunity to participate in organized swimming in a setting that promotes growth and fellowship.

To our swimmers we will provide a fun and enjoyable atmosphere that encourages the principles of honesty, integrity, and good sportsmanship through competition; which will enhance physical fitness; build self-esteem; and allow for the development of new friendships.

To our families we will provide a fun activity that emphasizes the involvement of the entire family and community in an atmosphere that encourages camaraderie and a commitment to common goals.

To our teams we will provide an environment that fosters the development of team spirit through the commitment of the group to the above values and principles.

We believe we can best accomplish our mission through a unified effort toward mutual trust, honesty, and integrity between swimmers, families, swim teams and communities.

*--Adopted by the Chesterfield Aquatic League--October 18, 1990*

## FEES AND REGISTRATION

In order to compete, all swimmers must be a current Beulah Swim & Tennis Club member in good standing. All dues and swim team fees must be paid in order to attend practices and swim meets. BST charges a **\$100.00** fee per swimmer (maximum **\$250.00** per family). **Fees will not be prorated.** Fees paid include all CAL fees and the cost of administering the swim team (i.e. coaches' salaries, awards, parties, insurance, etc.) **Not** included in the fee are items including yearend banquet, outing, pictures, or swimmer apparel. As a token of thanks to our 3rd and 4th year seniors, many of whom work and cannot attend practices but always show up to support the team in meets, they will pay a reduced fee of \$70. This applies only to seniors swimming in their 3rd and 4th year for BST.

Champs fees (if needed) will be determined closer to the event and BST will provide more detailed information.

## FUNDRAISERS

Fundraising events will be held throughout the swim season in order to help defray swim team expenses. Detailed information will be forthcoming. It is expected for ALL swimmers to participate in fundraising or if you prefer you have the option of paying a \$20.00 contribution fee.

## SWIMMING APPAREL

What to Wear:

### **Practice**

Swimmers do not need to wear their team suit to practice. To help maintain long wearing of the suit it is recommended to only wear the team suit to the meets. During practice swimmers can wear whatever is comfortable for them, however girls should wear a one-piece suit and boys wear a suit with a drawstring so it can remain snug around the waist.

Cap and goggles are strongly encouraged during practice. In addition, swimmers should come to practice with a towel and sweatshirt/sweatpants, or other type of change of clothes to keep warm after practice.

### **Meets**

The purchase of a swim team bathing suit is strongly encouraged. Suit style may vary from season to season but the predominant color will be royal blue. Please see Heather for style and sizing. Swim team caps are **mandatory**. Caps will be available for purchase with dates to be announced. Goggles are optional but strongly recommended.

During a meet, swimmers will also need extra towels and changes of clothes to keep warm between events and at the conclusion of the meet.

**T-SHIRTS AND ACCESSORIES** – T-shirts and other accessories displaying our logo - "BEULAH STINGRAYS" - will be available. Further details will be forthcoming.

## TEAM PICTURES and PARTY

Team and individual pictures will be taken **Sunday, June 28, 2009 at 6:00 pm at Beulah in the pool area.** **The entire team picture will be taken promptly at 6:30 pm with dinner following.** Individual, group, and team pictures will be offered for a nominal fee. Hot dogs and drinks will be provided and parents are asked to bring a dessert or a side item as indicated below:

### Last Name

A-M	dessert
N-Z	side item, salad

## PRACTICE SCHEDULE

Practice schedules are set by the Swim Team Director. Two practices are offered once school is out. The schedule for this year (2009) is as follows:

May 26 - July 23 (Evening)	Monday - Thursday	
	5:00 - 5:30 p.m.	8 and under**
	5:30 - 6:15 p.m.	9 and 10**
	6:15 - 7:15 p.m.	11 and up
June 15 - July 22 (Morning)	Monday - Friday	
	9:30 - 10:30. a.m.	All ages

\*\*Swimmers may be moved according to pool/lane availability and swimmer's ability.

Evening practices are held Monday through Thursday with the exception of meet nights. Morning practices are held Monday through Friday, daily, with the exception of the morning after a meet.

**REMINDER:** Anyone attending practice who is not a swim team member must remain on the upper deck while practice is going on. This includes parents and friends of team members. It is very difficult for the coaches to do their job correctly if people are attempting to carry on conversations with them and with the swimmers during practice.

Immediately prior to the first practice and following the last practice session the coaches will make themselves available for questions and concerns. You may also e-mail Heather at [heatherswims@aol.com](mailto:heatherswims@aol.com).

## AGE GROUPS

Boys and girls compete in separate events in the following age divisions:

Youth	6 and under	Juniors	11 - 12
Mites	7 - 8	Intermediates	13 - 14
Midget	9 - 10	Seniors	15 - 18

For competitive swimming purposes, a child participates in the age group that corresponds to his actual age as of 5/31/09.

For mites, all events are 25 yards/meters, or 1 length of the pool. The older age groups swim races which are 50 yards/meters, or 2 lengths of the pool. The 100 yard/meter individual medley is offered for Midgets through Seniors. Girls and boys are grouped together for relay teams, but must have at least two girls on the relay team. Relays are freestyle for odd meets and medley relays for even meets. Other 100 yard/meter events may be available throughout the summer.

**C.A.L. has established three competitive divisions, "A", "B" and "C", in the league based on each team's previous league ranking and number of swimmers. Based on these criteria, Beulah (BST) will be competing in the "A" division in 2009. Regular season and championship awards will be given to winners from each division at Champs.**

## LEVELS OF COMPETITION

In meets, a swimmer competes against other swimmers at his/her level of competition. In other words, a first-year swimmer on the team generally will not start out competing against a faster, more experienced swimmer. However, he may advance to a higher level as the season progresses. Once a swimmer's time, in a particular event, qualifies him for the next level, he can no longer compete in that event at the lower level.

C.A.L. designates speed categories as GOLD, SILVER and BRONZE. Time standards for the speed categories are determined each year and are based on the times achieved by all CAL swimmers of an event over the preceding three years. The GOLD time standard represents the cutoff time for the fastest 12% of the swimmers over the last three years. The SILVER time standard represents the cutoff time for the next fastest 23% of the swimmers over the last three years. The BRONZE category represents the remaining 60% of the times achieved over the last three years by CAL swimmers.

The 2009 time standards are located at the back of the handbook and can also be reviewed on the CAL website.

## SWIM MEETS - WHAT TO EXPECT Dual Meets (Two teams)

Swimmers **must** be present by 5:30 p.m. (unless otherwise indicated) and the meets start promptly at 6:30 p.m. unless otherwise noted on the Meet Schedule. Several meets may run close to 11:00 p.m. or later. Please keep this in mind if bringing younger siblings to the meets. It is the parent's responsibility to inform the coaches in advance if your child will miss a swim meet or any portion of a swim meet. Please inform the coaches as soon as possible to prevent the need to rearrange relay teams. (you may e-mail Heather to notify her if you will be absent or arriving late)

There are 6 events in which swimmers may compete. They may swim a maximum of 3 individual events and 1 relay.

### Individual Medley, Breast Stroke, Free Style, Butterfly, Backstroke, and Relays

#### WHAT TO BRING

- Well rested swimmers (coaches strongly suggest swimmers leave the pool after morning practice the day of the meet and spend a quiet afternoon).
- Towels (at least two; you will probably want more), sweatshirt, sweatpants (it does get cool), cap, goggles.
- Nutritious snacks and drinks (PowerAde or Gatorade, no other energy drinks), **NO CANDY**.
- Card games or quiet board games.
- Folding chairs or blankets for parents (competing clubs have a variety of facilities and services you may wish to bring a chair or blanket to sit on.)

**SWIM MEET RAIN POLICY** - In the event of rain on the day of a scheduled meet, swimmers are still required to attend the meet. The meet referee decides whether to delay or postpone the meet. The host club's pool rules will prevail. If postponed, the meet must be swum on the next available weekday prior to the next regularly scheduled meet for either club. All completed events shall be counted and the meet resumed at the start of the next event not fully completed.

Beulah is registered at [www.rainedout.com](http://www.rainedout.com) for updated information about cancelled practices or swim meets. By registering, information is sent to you as a text to your cell phone so you will receive it in a timely manner.

**AWAY MEETS** - Swimmers are responsible for their own transportation to away meets (Directions may be found at [www.swimcal.com](http://www.swimcal.com)).

**For all meets, it is important that swimmers arrive rested, fed, and on time.**

**CHESTERFIELD AQUATIC LEAGUE  
ADDRESSES AND DIRECTIONS  
for 2009 Away Meets**

**SWIM MEET, THURSDAY, JUNE 18<sup>th</sup>**

**BEULAH @ SALISBURY  
13620 Salisbury Road  
Midlothian, VA 23113  
794-7787**

From Midlothian (Rt. 60 West) pass through the village of Midlothian to the stoplight at Winterfield Road. There is a Mini-Mart and Amoco station on the right, turn right onto Winterfield Road. Travel 1.3 miles and turn right onto Salisbury Road (at the Episcopal Church) The pool driveway is 0.6 miles on left just past the tennis courts.

**SWIM MEET, Tuesday, June 23rd**

**Beulah @ Walton Lake  
Walton Lake Drive  
Midlothian, VA 23113  
378-1867**

From 360 (Hull Street Road) take Courthouse Rd. towards Rt. 60. Turn Left onto Lucks Lane, take 5th right onto Walton Bluff Parkway (this will be after the power lines). Turn right into Walton Lake entrance after crossing water. Go to top of hill 2nd and 3rd left are pools parking.

From 288 take Lucks Lane exit. Turn right onto Lucks Lane and take first left onto Walton Bluff Parkway. Turn right into Walton Lake entrance after crossing water go to top of hill and 2nd and 3rd left are pools parking.

**SWIM MEET, JULY 14<sup>th</sup>**

**Beulah @ The Highlands  
8400 Highland Glen Drive  
Chesterfield, VA 23838  
788-8095**

From Route 10 at the old Chesterfield courthouse turn right on Beach Road. Travel 1.1 miles and take a left on Nash Road. Travel 2.2 miles to the second entrance to the Highlands. Turn left onto Highland Glen drive. Pool parking lot is on left behind the sales center.

## CHAMPIONSHIP MEET

All of CAL's 20 teams compete to determine a Championship Meet winner.

All swimmers may participate in the Championship meet. There are qualifying times for each stroke, however, should a swimmer NOT qualify in any stroke, they may choose one stroke of their choice to swim at Championships.

**If your swimmer will not be available to swim the championship meet, please let the coaches know as soon as possible.**

**Well in advance of the meet, coaches are required to submit entries for individual events and relays. These events are pre-seeded by CAL a week in advance of swimming. No substitutions are allowed by the league, so it is imperative the coaches know the child's availability to swim.**

*Youths & Mites - Friday, July 24<sup>th</sup>, 8:00 a.m. at Beulah Pool. (Rain date Sunday, July 26th)*

*Midgets, Juniors, Intermediates & Seniors - Saturday, July 25<sup>th</sup>, 8:00 a.m. at Beulah Pool.  
(Rain date Sunday, July 26th)*

In addition to providing swimmers to compete, Beulah as well as all clubs in the league is required to provide a specific number of meet workers. Parent involvement is critical!

Concessions, Championship Meet T-shirts and heat sheets are available for purchase at the meet.

### CHAMPIONSHIP HEAT SHEET ADVERTISEMENTS

At Champs, heat sheets are sold as a fundraising project for our team as well as CAL. The heat sheet contains a listing of all events and swimmers in the order they will swim. A heat sheet order form will be made available or can be downloaded from the CAL website for you to use if you wish to place an advertisement in the heat sheets.

**The form and payment for your ad will be collected at our last meet on July 14, 2009.** This is a great way to cheer on your swimmer, advertise your business and help the swim team make money.

## CHAMPIONSHIP SWIM MEET SCHEDULE BEULAH

### FRIDAY SESSION

**YOUTHS,**

**MITES**

**MIDGETS:**

Warm-ups start 6:30 a.m.

Workers report to stations – 7:30 a.m.

Event #1 report to Clerk of Course – 7:45 a.m.

Invocation – 7:55 a.m.

### SATURDAY SESSION

**JUNIOR,**

**INTERMEDIATES,**

**SENIORS:**

Warm-ups start 6:30 a.m.

Workers report to

Event #3 report to Clerk

Invocation – 7:55 a.m.

## OPPORTUNITIES FOR PARENTS

Opportunities for parents abound in summer league swimming, both at meets and as a part of the Beulah swimming organization. Each meet needs approximately 60 volunteers in order to run successfully. **Parent participation is a MUST; otherwise your swimmer will not be able to swim for at least one meet.** Pre-requisites are common sense, organization, caring, a little training, and a small time commitment. The following opportunities need volunteer support each week at every meet:

**TIMERS** - Beginning and seasoned parents alike enjoy being timers. This function allows workers to see the meet from the end of the pool. It requires being able to start and stop a watch and record a swimmer's time.

**TABLE WORKERS** - Work at the administration table in a variety of functions, from recording results to computer data entry. This requires 4 - 10 parents. It is administrative in nature but is very social. Usually a worker has one specific function to perform. Most positions are completed while sitting.

**CLERK OF COURSE** - Either two or three officials who collect cards from the swimmers prior to their events and assign them lanes and heats. This location is the check-in point for each swimmer in order to be placed in the proper event, heat, and lane for a swim meet. This job requires a disciplined nature, a love of children and a threshold for chaos.

**STARTER** - The official who starts each race through a light and sound system. This requires organization, a steady hand, an aura of authority and some training.

**STROKES AND TURNS OFFICIALS** - These individuals are the on-deck enforcers of swimming rules. They determine that the competitive strokes are executed properly and, when they are not, they are empowered to disqualify swimmers. Training and fairness are the prerequisites.

**REFEREE** - The final arbiter of any dispute at a meet, including the full authority and responsibility for the conduct of the competition. A thorough knowledge of strokes and turns and the other jobs is necessary.

**ANNOUNCER** - During home meets, this individual mans the microphone to call swimmers to their events, by event number, to announce the score and make other necessary announcements during the meet.

**RUNNER** - Collect swimmers cards from the timers and sweep judges and delivers the completed cards to the table workers. Collect DQ cards from strokes and turns judges and deliver them to the table workers.

**FALSE START** - Man the rope that is dropped when a false start occurs. This is the best seat in the house!

**HOSPITALITY** - All the workers appreciate this person. Deliver drinks throughout the meets to the officials, meet workers and coaches.

**MITE PARENTS** - Occupy the youth and mites during the meet, hand the swimmers their event cards, and ensure that the swimmers report to the Clerk of Course on time.

**BAKE SALE/FOOD CONCESSIONS** – Assist in selling baked goods, drinks and other food during the home meets as part of our fundraising.

**SET-UP AND CLEAN-UP** - Arranging chairs, tables, etc. before the meet. Have your pick of the choice seats. Take down tables, chairs; pick up trash etc. after the meet. Usually get to hear the final score. Quite a few parents are needed.

**ALL OF THE ABOVE JOBS ARE VITAL TO THE SUCCESS OF ANY SWIM MEET.**

CAL will offer clinics to learn these jobs on **June 10 at 7:00PM** at Salisbury Country Club. Contact a parent rep if interested.

## CAL AWARDS

Chesterfield Aquatic League (CAL) gives awards based on performance during the season dual meets and the championship meet. Dual meet awards consist of ribbons for finishing first through sixth in BRONZE, SILVER and GOLD events.

Championship meet medals are given for finishing first through third, and ribbons are given for finishing fourth through eighth. In both dual meets and at the championship meet, heat winner ribbons are given to Youth, Mites, and Midgets who finish first in their respective heats.

## DUAL MEET SCORING

Dual meet scoring for 1st through 6th place will be:

GOLD Individual Events: 9 - 7 - 6 - 5 - 4 - 3

GOLD Relay Events: 18 - 14 - 12 - 0 - 0 - 0

SILVER Individual Events: 8 - 6 - 5 - 4 - 3 - 2

SILVER Relay Events: 16 - 12 - 10 - 0 - 0 - 0

BRONZE Individual Events: 7 - 5 - 4 - 3 - 2 - 1

BRONZE Relay Events: 14 - 10 - 8 - 0 - 0 - 0

## BEULAH SWIM TEAM AWARDS

At the end of the season, during the team banquet the Beulah coaches award special trophies to recognize outstanding contributions made by swimmers during the season. Traditionally, separate trophies are given to boys and girls within each age group for *Most Valuable*, *Most Improved* and *Hardest Worker*. Criteria for each award are explained below:

*MOST VALUABLE* – This is a high point trophy awarded to the swimmers who accumulate the most points for individual events during the dual meets.

*MOST IMPROVED* – This award is given to the swimmers who have demonstrated the most improvement from the beginning of the season to the end.

*HARDEST WORKER* – This award is given to the swimmers who have worked the hardest at practice, attended most practices and have simply strived to do their best throughout the season.

*COACHES AWARD* – this award is given at the discretion of the coaches for attitude, enthusiasm, dedication and sportsmanship as the dominant criteria.

## STROKES & TURNS GUIDELINES

### Major Infractions Committed by Summer Swimmers

#### FREESTYLE

- Pulling on the lane line to advance position
- Not touching the wall on a turn
- Walking/pushing off the bottom of the pool
- Assistance by coach or swimmer

#### BREASTSTROKE

- Flags to the Wall - Starting Position
  - Flutter, dolphin or scissor kick on the start
  - Non-simultaneous arm movement (freestyle, doggy paddle)
- Between the Flags
  - *Kick*
    - Non-simultaneous leg movement (flutter, dolphin)
    - Both feet not turning outward during propulsive part of the kick movement
  - *Stroke*
    - Non-simultaneous arm movement (doggy paddle)
    - Pulling past the hipline (Exception: Allowed during the first stroke after the start and each turn.)
- Flags to the Wall - Turns & Finish
  - Non-simultaneous hand touch (pitty-pat)
  - One hand touch

#### BACKSTROKE

- Between the Flags
  - Pulling on the lane line to advance position
  - Does not stay on his/her back
- Turn
  - On the breast but kicks towards the wall (the swimmer has turned too soon and uses kicking to advance position)
  - Missed touching the wall with some part of the body
  - On or toward the breast when feet leave the wall
- Finish
  - On or toward the breast BEFORE touching the wall

#### BUTTERFLY

- Flags to the Wall - Starting Position
  - Non Simultaneous leg/feet movement (flutter kick, breaststroke kick)
  - Non-simultaneous arm movement (freestyle, doggy paddle, breaststroke pull)
- Between the Flags
  - *Kick*
    - Feet not moving up & down simultaneously (feet cannot alternate in relation to one another)
  - *Stroke*
    - Arms are not coming out of the water (need to see elbows)
    - Movement is not simultaneous (rotating shoulders, freestyle stroke)
    - Underwater recovery (taking additional strokes under the water)
- Flags to the Wall - Finish
  - One hand touch
  - Non-simultaneous touch (pitty-pat)
  - Underwater recovery (taking additional stroke under the water prior to the touch)

#### INDIVIDUAL MEDLEY (Butterfly • Backstroke • Breaststroke • Freestyle)

- Swims the stroke cycle out of sequence
- Backstroke to Breaststroke
  - On or toward the breast BEFORE the touch

\* Rules for individual strokes apply in swimming the individual medley. 1993 Clinic - Pat Kelly, GPST

## DUAL SWIM MEET EVENTS SCHEDULE

<u>EVENT</u>	<u>AGE</u>	<u>SEX</u>	<u>DISTANCE</u>	<u>STROKE</u>
1	Mite		100	Free/Medley Relay
2	Midget	Boys	100	I M
3	Midget	Girls	100	I M
4	Junior	Boys	100	I M
5	Junior	Girls	100	I M
6	Inter	Boys	100	I M
7	Inter	Girls	100	I M
8	Senior	Boys	100	I M
9	Senior	Girls	100	I M
10	Youth	Boys	25	Free
11	Youth	Girls	25	Free
12	Mite	Boys	25	Free
13	Mite	Girls	25	Free
14	Midget	Boys	50	Free
15	Midget	Girls	50	Free
16	Junior	Boys	50	Free
17	Junior	Girls	50	Free
18	Inter	Boys	50	Free
19	Inter	Girls	50	Free
20	Senior	Boys	50	Free
21	Senior	Girls	50	Free
22	Youth	Boys	25	Back
23	Youth	Girls	25	Back
24	Mite	Boys	25	Back
25	Mite	Girls	25	Back
26	Midget	Boys	50	Back
27	Midget	Girls	50	Back
28	Junior	Boys	50	Back
29	Junior	Girls	50	Back
30	Inter	Boys	50	Back
31	Inter	Girls	50	Back
32	Senior	Boys	50	Back
33	Senior	Girls	50	Back
34	Mite	Boys	25	Butterfly
35	Mite	Girls	25	Butterfly
36	Midget	Boys	50	Butterfly
37	Midget	Girls	50	Butterfly
38	Junior	Boys	50	Butterfly
39	Junior	Girls	50	Butterfly
40	Inter	Boys	50	Butterfly
41	Inter	Girls	50	Butterfly
42	Senior	Boys	50	Butterfly
43	Senior	Girls	50	Butterfly
44	Mite	Boys	25	Breast
45	Mite	Girls	25	Breast
46	Midget	Boys	50	Breast
47	Midget	Girls	50	Breast
48	Junior	Boys	50	Breast
49	Junior	Girls	50	Breast
50	Inter	Boys	50	Breast
51	Inter	Girls	50	Breast
52	Senior	Boys	50	Breast
53	Senior	Girls	50	Breast
54	Midget		200	Free/Medley Relay
55	Junior		200	Free/Medley Relay
56	Inter		200	Free/Medley Relay
57	Senior		200	Free/Medley Relay

Sequence for **Medley Relay** - Back, Breast, Butterfly, and Free.

Sequence of **Individual Medley** - Butterfly, Back, Breast, and Free

Event #	Group	Gender	Stroke	Meter			Yard		
				Gold	Silver	Qualify	Gold	Silver	Qualify
2	Midget	Boys	I.M.	1:38.81	1:48.27	2:02.09	1:29.42	1:37.98	1:50.49
3	Midget	Girls	I.M.	1:39.87	1:51.71	2:01.85	1:30.38	1:41.09	1:50:27
4	Junior	Boys	I.M.	1:25.56	1:36.52	1:45.09	1:17.43	1:27.35	1:35.11
5	Junior	Girls	I.M.	1:26.80	1:36.74	1:44.80	1:18.55	1:27.54	1:34.84
6	Intermediate	Boys	I.M.	1:18.22	1:24.73	1:35.07	1:10.79	1:16.68	1:26.03
7	Intermediate	Girls	I.M.	1:22.25	1:30.92	1:36.97	1:14.44	1:22.28	1:27.76
8	Senior	Boys	I.M.	1:11.62	1:18.63	1:26.00	1:04.82	1:11.16	1:17.83
9	Senior	Girls	I.M.	1:19.87	1:27.26	1:33.04	1:12.28	1:18.97	1:24.20
10	Youth	Boys	Free	27.21	33.89	42.34	24.62	30.67	38.31
11	Youth	Girls	Free	28.66	34.34	43.22	25.94	31.07	39.12
12	Mite	Boys	Free	20.34	23.74	28.42	18.41	21.48	25.72
13	Mite	Girls	Free	21.59	25.06	28.81	19.54	22.68	26.07
14	Midget	Boys	Free	39.22	45.20	50.83	35.49	40.90	46.00
15	Midget	Girls	Free	40.56	45.27	50.94	36.71	40.97	46.10
16	Junior	Boys	Free	34.19	37.77	41.18	30.94	34.18	37.27
17	Junior	Girls	Free	34.75	38.10	38.65	31.45	34.48	34.97
18	Intermediate	Boys	Free	30.13	32.74	35.40	27.26	29.63	32.04
19	Intermediate	Girls	Free	32.83	35.79	38.11	29.71	32.39	34.49
20	Senior	Boys	Free	27.76	29.35	31.37	25.12	26.56	28.39
21	Senior	Girls	Free	31.74	34.16	36.06	28.73	30.92	32.63
22	Youth	Boys	Back	32.24	39.04	47.24	29.18	35.33	42.75
23	Youth	Girls	Back	32.48	37.87	44.24	29.40	34.27	40.03
24	Mite	Boys	Back	25.99	29.93	35.23	23.52	27.08	31.88
25	Mite	Girls	Back	26.57	29.86	34.12	24.04	27.02	30.87
26	Midget	Boys	Back	49.58	57.85	1:04.09	44.87	52.35	58.00
27	Midget	Girls	Back	49.59	56.11	1:02.20	44.88	50.78	56.29
28	Junior	Boys	Back	41.90	48.54	54.19	37.92	43.92	49.04
29	Junior	Girls	Back	41.70	47.58	52.82	37.74	43.06	47.80
30	Intermediate	Boys	Back	37.63	41.82	45.64	34.06	37.84	41.31
31	Intermediate	Girls	Back	39.33	43.76	48.04	35.59	39.60	43.48
32	Senior	Boys	Back	33.57	36.90	40.19	30.38	33.39	36.37
33	Senior	Girls	Back	37.68	41.53	44.66	34.10	37.59	40.42
34	Mite	Boys	Butterfly	23.18	28.10	34.31	20.98	25.43	31.05
35	Mite	Girls	Butterfly	24.60	29.87	35.34	22.26	27.03	31.98
36	Midget	Boys	Butterfly	45.27	53.68	1:01.80	40.97	48.58	55.92
37	Midget	Girls	Butterfly	45.33	53.29	1:02.52	41.03	48.23	56.58
38	Junior	Boys	Butterfly	38.02	44.61	50.84	34.41	40.37	46.01
39	Junior	Girls	Butterfly	38.81	43.49	49.68	35.12	39.35	44.96
40	Intermediate	Boys	Butterfly	33.26	37.54	42.31	30.10	33.97	38.29
41	Intermediate	Girls	Butterfly	36.14	40.48	44.24	32.70	36.63	40.04
42	Senior	Boys	Butterfly	30.37	32.91	35.08	27.49	29.78	31.75
43	Senior	Girls	Butterfly	34.83	38.31	41.53	31.52	34.67	37.59
44	Mite	Boys	Breast	28.10	32.24	37.61	25.43	29.17	34.04
45	Mite	Girls	Breast	29.11	33.49	38.72	26.34	30.30	35.04
46	Midget	Boys	Breast	53.40	1:00.51	1:08.21	48.32	54.76	1:01.73
47	Midget	Girls	Breast	53.77	59.94	1:07.20	48.66	54.24	1:00.81
48	Junior	Boys	Breast	46.27	51.30	57.11	41.87	46.43	51.68
49	Junior	Girls	Breast	46.13	50.83	55.77	41.74	46.00	50.47
50	Intermediate	Boys	Breast	39.96	44.16	48.34	36.16	39.97	43.75
51	Intermediate	Girls	Breast	43.64	47.56	50.98	39.49	43.04	46.13
52	Senior	Boys	Breast	35.72	39.45	42.15	32.32	35.70	38.14
53	Senior	Girls	Breast	41.59	45.52	48.54	37.64	41.19	43.93