

2020 West Hampton Sharks Parent Handbook



WELCOME

The West Hampton Sharks Swim Team is a long-time summer tradition! The West Hampton Homeowners Association and the residents of West Hampton are the gracious hosts of our team.

Summer swim is such a wonderfully rewarding experience! My family moved to the neighborhood 4 years ago and had no experience with swim. Now, swim takes up a great deal of our time and energy! I look forward with your help, to running the Sharks this season and I hope to share my love of all things SWIM with you and your families!

GO SHARKS!

Our team is established on five main ideas:

1. **FUN:** We are trying to create happy memories that kids will carry with them for the rest of their lives. Above all, this is a FUN summer team. The principle of FUN weaves itself through everything we do!
2. **FITNESS:** We try to establish a habit of fitness among all our team members. This habit will hopefully drive healthy decisions and longer lives, creating a legacy that never ends.
3. **TEAMWORK:** We celebrate the successes of our team, whether they are big or small, and we always cheer on our teammates. Through we might not always win, we always have the desire to do our best! We work together to ensure that the season is a good one for all participants.
4. **SPORTSMANSHIP:** We behave in a polite and gracious manner at all times. When opposing teams come to the West Hampton pool, we treat them like honored guests. When we travel to other pools, we represent our team by being the most gracious guests possible. Win or lose, we always show respect.
5. **IMPROVEMENT:** We always try to improve! Our swimmers have varying levels of swimming mastery, but we all share the ability to get better. We make personal improvement a focus throughout the season. This not only applies to improving our

times, but also improving our swimming technique. This is our opportunity to challenge ourselves!

WHO CAN SWIM

Our summer swim team is open to children aged 5 to 18. Swimmers must turn 5 by May 31, 2020 based on league rules. If there is a question as to a child's birthday, a copy of their birth certificate will need to be submitted.

Swimmers must be able to swim the WIDTH of the pool (step to step) UNASSISTED on the first day of practice.

Swimmers must be able to swim the LENGTH of the pool UNASSISTED IN ONE MINUTE 30 SECONDS to be able to participate in a meet. COACHES ARE NOT ALLOWED TO SWIM ALONGSIDE A SWIMMER DURING THE MEET.

Swimmers can be residents of West Hampton or other neighborhoods in the area. The league requires we have at least 49 swimmers on our roster and no more than 120 swimmers may swim at any particular meet.

ALL SWIMMERS ARE EXPECTED TO:

- LISTEN TO THEIR COACHES
- FOLLOW ALL SAFETY RULES
- TREAT TEAMMATES WITH RESPECT

*****Change to the 2020 Summer Swim Season*****

IF YOUR SWIMMER IS SIGNED UP TO SWIM IN A MEET, THEY MUST SWIM IN THE ENTIRE MEET. UNLESS THE MEET IS CALLED DUE TO WEATHER OR ANOTHER EMERGENCY SITUATION ARISES, YOU MAY NOT LEAVE THE SWIM MEET UNTIL YOUR SWIMMER HAS COMPLETED ALL OF THEIR EVENTS, THIS INCLUDES RELAYS.

IF YOU LEAVE A MEET BEFORE YOUR SWIMMER HAS COMPLETED ALL THEIR EVENTS, YOUR SWIMMER WILL NOT BE ELIGIBLE TO SWIM IN THE NEXT SWIM MEET.

Failure to follow these simple rules will result in sitting out practices, sitting out meets or being removed from the team!

STAFF & VOLUNTEERS

Coordinator – Dorothy Minter

Assistant Coordinator – BobbieJo Urquhart

Volunteer Coordinator – Maura Snow

Head Coach – Michaela Hall

Coach – Laurel Belden
Coach – Stella Minter
Coach – Matthew Haley

Job Committees & Chairs

- Hospitality: no chair needed
- Concessions – Julie Deppa & Sara Fudge
- Set Up – Megan Guertin
- Clean Up – Kelly Holland
- Starter – no chair needed
- Announcer – no chair needed
- Bullpen – no chair needed
- Place Judge – no chair needed
- Runner – no chair needed
- Event Turner- no chair needed
- Timer: no chair needed
- Computer- Alan Teague
- Scorekeeper – Liz Chaney
- Snow Cones – Lindsey Powell

FEES AND COSTS

The cost of summer swim is \$130 for residents and \$160 for non-residents. In an effort to recruit older swimmers, the cost for swimmers 15+ is \$100 for both residents and non-residents. A \$5 discount is given to multi swimmer families. Included in the fee is the team t-shirt.

Additional t-shirts can be purchased for siblings and parents for \$10. This order will be placed at the beginning of May. Email the coordinator with quantity and sizes.

Team swimsuits are available to order through SwimShop1. A representative will be at the West Hampton Clubhouse on Tuesday, April 14th between 6:00 pm to 8:00 pm. You may also order online at <http://store.swimshop1.com/west-hampton-sharks-swim-team-c184.aspx>.

We will have team caps for sale at during the 1st week of practice for \$5. Also this year we will have SHARKS string bags and water bottles for sale, for \$5 each!

Team pictures will be taken on Monday, June 8th at 9:00 am by Photo Ventures. The week prior the order form and price list will be emailed out.

VOLUNTEER RESPONSIBILITIES

A successful summer swim season is DEPENDENT on parent volunteers! It takes a lot of hands to keep a swim meet running smoothly. For this reason, we require EACH PARENT to volunteer

for a job committee when registering their child or children for the season. The only exception to this policy is for workers on the scorekeeping and computer committees.

The amount of shifts you are required to work varies based on enrollment; but typically, the commitment it is 3-4 shifts per parent. You will volunteer for a committee and then be sent a Sign-Up Genius to sign up for individual shifts.

If you are unable (or just don't want to) to work your assigned shifts, you may hire a sub off our approved sub list (made up of our neighborhood teens eager to make some summer spending money) for \$30 a shift. Again, the only exception to this policy is for the scorekeeping and computer committees.

Unfortunately, there have been several instances of volunteers not showing up for their assigned shift or hiring a sub in advance. IF YOU DO NOT SHOW UP FOR YOUR ASSIGNED SHIFT AND YOU DO NOT HIRE A SUB IN ADVANCE YOU WILL BE FINED \$50 PER SHIFT. Failure to adhere to this policy will result in your swimmer not being able to swim in the next meet.

Volunteer shifts are divided into 1st half and 2nd half.

1st half volunteers: Arrive at the pool by 5:30 pm and report to the coaches table to sign in and get your volunteer badge. Please be on time! 1st half volunteers work from event 1 to 44, beginning at 6:00 pm sharp. Timers, runners, announcer and starter are expected to be present for a quick meeting with the referee, 15 minutes prior to the start of the meet.

2nd half volunteers: The exact time the 2nd half volunteers begin working is difficult to pin down, but it is always at event 44. (around 8:00 pm or so). When you hear the announcer make the call for event 40, start getting ready to start your volunteer job. Make sure you have signed in at the coaches table. Go to the place that you'll be volunteering and tell the 1st half volunteer who you are and get your volunteer badge. 2nd half volunteers work from event 44 to 86.

While not required, we strongly suggest that all parent volunteers wear the team t-shirt during meets!

JOB COMMITTEES AND DESCRIPTIONS

Hospitality (Home Meet Only) – Welcome the visiting team and hand out meal coupons to the visiting team's coordinators and coaches. They verify that all volunteers have signed in for their shifts and make sure all volunteers have their badges. They are also responsible for passing out water to the refer and other volunteers during the meet.

Set Up (Home Meet Only – 1st Shift) – Arrive at the pool at 4:00 pm to start preparing for the meet. Put out meet reminder signs at the front and rear entrances, put out no parking signs along West Hampton Drive and put out reserved parking signs/cones. Stack chairs/lounges and clear the pool deck. Set up backstroke flags at each end of the pool, set up speaker, event

counter and other necessary equipment. Take out and store deep end ladders. Make sure bathrooms are open and supplied with toiletries. Make sure all trash containers are lined.

Clean Up (Home Meet Only – 2nd Shift) – Take down meet reminder signs, no parking signs along West Hampton Drive and reserved parking signs/cones. Empty trash containers and deposit trash in the main dumpster. Clean up and restock bathrooms. Take down and store all meet equipment. Unstack chairs/lounges and rearrange pool deck. Re-install deep end ladders.

Concessions (Home Meet Only) – Concessions managers decide on concession stand menu in addition to purchasing food and beverages prior to the home meets. Concessions workers set up and run the grill along with selling food and drinks at the concession stand.

Bullpen – Bullpen workers make sure swimmers are lined up correctly in each lane at least 3 heats ahead of time. They work with the timers and coaches to make sure that nobody misses their event because they were in the wrong place. Bullpen workers are especially important for younger swimmers, as they often do not line up in the right place or pay attention to when they are supposed to swim. The visiting team provides 2 for each shift and the home team provides 3 for each shift for a total of 10 for the meet.

Timer – Timers work in assigned lanes and record swim times on meet cards. Timers push the start button on the stopwatch at the sound of the bullhorn and push the stop button when any part of the swimmer's body touches the solid end of the pool. This job is right next to the action and timers must be alert at all times. The visiting team provides 2 for each shift and the home team provides 3 for each shift for a total of 10 for the meet.

Place Judge – The place judges record the order of finisher in each race by sight. The place judges sit in opposing pairs at the sides of the finish line and they agree on the order of finishers. Each team provides 2 for each shift for a total of 8 for the meet.

Runner – Runners collect time slips from the timers, finish forms from the place judges and DQ slips from the Referee. The forms collected by the runners are taken directly to the scorer's table and the copy of the DQ slip to the team's coaches. Each team provides 1 runner per shift for a total of 4 for the meet.

Computers – Workers operate the computer that records times and places. Each team provides 2 for each shift for a total of 8 for the meet.

Scorekeeper – Scorers work at the score table recording scores for each race and calculate overall team scores on a running basis. Each team provides 2 for each shift for a total of 8 for the meet.

Event Turner (Home Meet Only) – The event turner keeps the event board current by flipping the cards that indicate the event number and heat number. This is critical because swimmers

must know exactly what event and heat we are on or they might miss their race. 1 is needed for each shift.

Starter (Home Meet Only) – The starter works directly with the Referee to ensure that all swimmers receive a fair and equitable start. At the Referee's signal (an outstretched hand extended toward the starter) the starter directs the swimmers to "take your marks," and then starts the race with a blast of his bullhorn. The starter may also assist the referee in determining when a false start has occurred. 1 is needed for each shift for a total 2 of for the meet.

Announcer (Home Meet Only) – The announcer operates the public address system, keeping everyone abreast of what is happening during the meet. They announce the events and heats, tells the swimmers to report for their races, periodically provides team scores, and makes other announcements to keep everyone informed. 1 is needed for each shift for a total of 2 for the meet.

Fun Swim – This committee is in charge of setting up and serving snow cones during fun swim.

PRACTICE

Practices are an essential part of the swim team experiences. This is where swimmers become stronger, faster, and more confident. They will receive instruction and feedback from the coaches on all areas of swimming including stroke, starts and turns in a GROUP format. If your swimmer needs further one on one assistance, look into getting him or her swim lessons from an instructor. Please contact us for a list of instructors in the area.

We would like your swimmer to attend as many practices as possible, but coaches do not take role during practices. We don't keep up with who comes and who doesn't, and you do not need to let the coordinator or coaches know if your swimmer will miss a practice. We realize many families have many obligations during the summer and that swim team is just one of them! However, it is VERY important to let us know if your swimmer will miss a meet!

Practices are fun and challenging for our swimmers. Please remind your swimmer to listen carefully to the coaches and obey their instructions at all times.

Please be advised that ONLY REGISTERED SWIMMERS are allowed in the pool during Sharks practices (THIS INCLUDES THE STEP AREAS) due to liability issues. Please keep your little kiddos out of the pool! You are SOLEY RESPONSIBLE for supervising (AND PICKING UP AFTER) your other children during Sharks practice.

NO ONE IS ALLOWED TO BE ON THE TENNIS COURTS DURING PRACTICE OR MEETS. FAILURE TO ADHERE TO THIS POLICY COULD RESULT IN THE HOA NO LONGER ALLOWING A SWIM TEAM!

PRACTICE SCHEDULE

Practice starts Monday, May 11th and runs Monday – Thursday after school until the last day of School. After the last day of School, practice runs Monday – Friday mornings until the last full week in June.

After School Hours (Monday – Friday)

5-6 year olds	4:00 pm – 4:30 pm
7-8 year olds	4:30 pm – 5:15 pm
9-10 year olds	5:15 pm – 6:00 pm
11-12 year olds	6:00 pm – 6:45 pm
13+	6:45 pm – 7:30 pm

There is no swim practice on the last day of school or Memorial Day.

Morning Hours (Monday, Tuesday, Thursday & Friday)

5-6 year olds	8:30 am – 9:00 am
7-8 year olds	9:00 am – 9:45 am
9-10 year olds	9:45 am – 10:30 am
11-12 year olds	10:30 am – 11:15 am
13+	11:15 am – 12:00 pm

Fun Swim Hours (day after meet)

All swimmers 9:30 am – 10:30 am

SIBLINGS AND WEST HAMPTON RESIDENTS ARE WELCOME TO JOIN

MEETS

Swim meets are where we officially demonstrate our progress as a team. We have 5 dual meets each season, including a mix of home and away meets. Meets begin with the 1st event starting at 6:00 pm. Meets generally last 4 hours (depending on the weather).

Arrive at the meets based on the following:

Home Meets: please be at the pool no later than 5:00 pm

Away Meets: please be at the pool no later than 5:30 pm

Swimmers are AUTOMATICALLY signed up for EVERY swim meet. If you swimmer is NOT swimming in a meet, then you must let the coaches know as soon as possible but NO LATER THAN NOON THE DAY BEFORE THE MEET. The meet is arranged the day before and last-minute notifications effectively destroy all that hard work and planning. You MUST EMAIL COACH HALL OR DOROTHY MINTER TO SIGN YOUR SWIMMER OUT FOR A MEET!

Swimmers are assigned events the day before the meet. Meet sheets will be handed out at practice the morning of the meet. At the meets, parents need to mark their swimmers with the event, heat and lane numbers with a Sharpie marker. It is also recommended to write the

swimmers name and age on their right shoulder for all swimmers under 10! If you need help marking your swimmer, please ask one of the coaching staff. An example is shown below.

EVENT	HEAT	LANE	DESCRIPTION
# 3	1	4	50 FR
#15	1	4	100 M Relay
#49	2	2	100 IM
#79	3	5	100 FR Relay

Here are the events and distances by age group:

Dual Meet Events and Distances

Age Group	Freestyle	Backstroke	Breaststroke	Butterfly	Individual Medley	Freestyle Relay	Medley Relay
5-6 boys	25 M	25 M				100 M	
5-6 girls	25 M	25 M				100 M	
7-8 boys	25 M 50 M	25 M	25 M	25 M	100 M	100 M	100 M
7-8 girls	25 M 50 M	25M	25 M	25 M	100 M	100M	100 M
9-10 boys	25 M 50 M	25 M	25 M	25M	100 M	100 M	100M
9-10 girls	50 M	25 M	25 M	25 M	100 M	100 M	100 M
11-12 boys	50 M	50 M	50 M	50 M	100 M	200 M	200 M
11-12 girls	50 M	50 M	50 M	50 M	100 M	200 M	200 M
13-14 boys	50 M	50 M	50 M	50 M	100 M	200 M	200 M
13-14 girls	50 M	50 M	50 M	50 M	100 M	200 M	200 M
15-18 boys	50 M	50 M	50 M	50 M	100 M	200 M	200 M
15-18 girls	50 M	50 M	50 M	50 M	100 M	200 M	200 M

A swimmer may move up 1 age group for individual events in a meet, but they must swim in that age group for the entire meet. Alternately, a swimmer may swim in their proper age group for individual events but swim up 1 age group for relays. This is often done when a team is “thin” in the upper age groups. Under no circumstances may a swimmer swim down an age group. The swimmer “age up” date is May 31 of the current year.

A dual meet consists of 86 events. Each event may have multiple heats, depending on the number of swimmers. The overall order of events is shown in Appendix A.

The first heat of each event is the scoring heat, meaning the teams earn points based on the finishers of that heat. The later heats of the same event are called “exhibition heats.” No team points are awarded in those heats, but swimmers receive times, places and ribbons.

Lanes 2 and 4 are always used for the home team and lanes 1 and 3 are used for the visiting team. Lanes 5 (and 6 if applicable) are always exhibition lanes, even during the 1st heat. Only lanes 1-4 are scored for individual events. For relays, only lanes 2 and 3 are scored. Here is how the 1st heat of every event is scored.

Individual Events

1st Place – 5 points

2nd Place – 3 points

3rd Place – 2 points

4th Place – 1 point

Relays

1st Place – 7 points

2nd Place – 4 points

How does a meet work?

A swim meet consists of 86 events, which different genders, age groups and strokes. Additionally, each event may have multiple “heats.”

The only job during a swim meet that is not performed by volunteers is that of Referee. The League provides the Referee for every swim meet and we don’t get to choose who we want. The Referee is the chief official for each swim meet. He or she is responsible for the conduct of the meets and is the final authority on the interpretation and enforcement of all swimming rules.

Each race generally starts with a series of short whistle blasts from the referee. This is a signal to the swimmers to get into place behind the starting blocks or starting position. When swimmers are in position, the referee will give a long whistle blast. This is a signal for the swimmers to get on the blocks or move directly to starting position (the edge of the pool when there are no blocks).

For backstroke, the long whistle blast tells the swimmers to jump into the water. A second, long whistle blast tells swimmers to put their feet against the wall.

When swimmers are set, the referee outstretches his or her arm toward the starter. The starter will then start the heat with a blast from his air horn.

MEET SCHEDULE

Sunday, May 17th – Mock Meet 2 – 4 pm; 6-10 year old swimmers only

Tuesday, May 26th – West Hampton @WALKERS RIDGE

Tuesday, June 2th – West Hampton @Camden Pointe

Tuesday, June 9th – Bentwater @ West Hampton

Tuesday, June 16th – West Hampton @ OakAmber

Tuesday, June 23th – Country Walk @ West Hampton

Thursday, June 25th – End of Season Party @ West Hampton

EVENTS

Freestyle

The freestyle is defined as any means of swimming across the pool. Any stroke and kick are acceptable. There are however a few don'ts associated with this stroke, specifically: (1) You cannot walk on the bottom of the pool or pull yourself along using the lane lines, (2) In a 50 meter/yard race (two pool lengths) you must touch the wall at the 25 meter/yard end before touching the wall at the 50 meter end and (3) After the swimmer surfaces after a start or turn, they must remain on the surface of the water.

Backstroke

Like the freestyle, almost anything goes on the backstroke as long as you stay on you back. Backstroke flags and lane line markings are used to let a swimmer know where they are at in the pool and count strokes from the flags to the wall.

Backstroke starts are different from all the others because the swimmer is in the water, feel planted against the wall, and hanging onto the starting blocks or pool wall awaiting the starter's signal.

Breaststroke

The breaststroke has two components, the kick and the arm pull. The pull and its recovery must both be under the breast and cannot extend further back than the waist area. The kick is a "frog" kick and the toes must be pointed outward during the propulsive part of the kick. The arm pull and kick must be in an alternating sequence (pull then kick) and the hands may not go all the way to the hips. Breaststroke turns and finishes require a simultaneous two-hand touch.

Butterfly

The butterfly also has two components, the kick and the arm pull. The arm pull must be an over the water recovery (elbows breaking the surface of the water) with the arms moving simultaneously. The kick is a dolphin style kick with both legs moving simultaneously up and then down. Unlike the breaststroke, there is no requirement to alternate the kick and the pull. Turns and finishes require a simultaneous two-hand touch at the wall.

Individual Medley

The individual medley (or IM) is when an individual, swims each of the four strokes in the sequence of butterfly, backstroke, breaststroke, and freestyle. We swim a 100 meter/yard IM, which means that 25 meter/yard, or pool length, of each stroke is swum. In a 100 meter/yard IM is a stroke change and stroke finish rules apply to the transition. This means that the swimmer must complete a legal finish of the stroke before they begin the next stroke. (i.e. no backstroke flip turns).

Relays

There are two kinds of relays, the freestyle relay and the medley relay. Both involve a team of four swimmer' each swimming one quarter of the total distance. In the freestyle relay, each swimmer swims the freestyle. In the medley relay, the sequence is backstroke, breaststroke, butterfly and freestyle (not this order is different from the IM).

In all relays, each swimmer must wait until the previous swimmer touches the wall prior to leaving the deck. Running starts or pushes from teammates are not allowed.

DISQUALIFICATIONS

In swimming, the rules must be followed in total or a disqualification, or DQ, is committed. Typically, referees do not DQ younger swimmers. A copy of the DQ sheet will be given to the team's coaches, so that the swimmer is aware of what the infraction was. It's important to realize that getting a DQ is not necessarily a bad thing but should instead be looked as a learning tool; helping the swimmer become better. Some of the more common reason for disqualifications are as follows:

Freestyle:

- Failure to touch the wall at the turning end of the pool
- Walking on the bottom or pulling on the lane ropes
- Exiting the pool before swimming the specified distance

Backstroke:

- Past vertical towards the breast at any time except during a flip turn
- Leaving the wall after a turn past vertical towards the breast
- Improper flip turn
- Finishing the race completely submerged

Breaststroke:

- Incorrect kick
- Non-simultaneous two hand touch or one hand touch at turn or finish
- Toes not pointed outward during the propulsive part of the kick
- More than one stroke underwater with arms fully extended at start or turn
- Arm recovery past waist except oon first stroke after start or turn
- Head didn't break surface by conclusion of second arm pull underwater after a start or turn

Butterfly:

- Non-simultaneous or one-handed wall touch at the turn or finish

- Non-simultaneous leg movement during kicks
- Arms don't break water surface during recovery (judged at the elbows)
- Non-simultaneous arm movement during recovery

Relay Races:

- A swimmer leaves the deck before the previous swimmer touches the wall or deck

False Start:

- A swimmer starts the race early
- A swimmer moves after the referee's long whistle

How will I know a DQ occurred?

When a referee observes a violation, he raises his hand to signify that he has observed a violation then writes it up on the swimmer's entry card. Another clue that a DQ has occurred is a referee writing and a longer pause between events. A copy of the DQ sheet is then given to the teams coaching staff and scorekeeper.

FREQUENTLY ASKED QUESTIONS

Q: What if it's raining?

A: Practices and meets WILL be held if it is only raining. In the event of thunder or lightning, swimmers must wait 30 minutes after the last occurrence before getting back into the pool. Swimmer safety is the paramount concern.

Q: Do swimmers get ribbons?

A: Yes, we generate ribbons for every race that happens at a meet. These are made available to the swimmers during the Fun Swim the next morning. The ribbons will be in the ribbon box, which have folders with each family's name on them.

Q: Do we practice the morning of a swim meet?

A: Yes, we have regular practices on the morning of a swim meet. They tend to be a little lighter than usual, though, focusing on techniques like entries and turns.

Q: How do I sign up for a meet?

A: Each swimmer is AUTOMATICALLY signed up for every meet. If your swimmer must miss a meet, please notify the coaching staff no later than the day before the meet by noon.

Q: How do I find out what I'm swimming at a meet?

A: Race assignments will be handed out to the swimmer on the morning of the swim meet.

Q: What should I bring to a swim meet?

A: Be sure to bring chairs as we do not always know how much seating will be provided. You should always bring towels, sunscreen, snacks, a sharpie marker and cash for the concession stand.

Q: How long does a swim meet last?

A: A swim meet lasts around 4 hours. The exact length depends on the size of the swim teams competing and the efficiency of the volunteers.

Q: Does my child have to attend every practice?

A: We understand that many families have summer vacation, camp and other activities which will conflict with team activities. Missing a day or two here or there is no big deal.

Q: How do I receive communication from my coaches?

A: Sign up for the Remind App

APPENDIX A: ORDER OF EVENTS:

1. 7-8 girls 50 freestyle
2. 7-8 boys 50 freestyle
3. 9-10 girls 50 freestyle
4. 9-10 boys 50 freestyle
5. 11-12 girls 100 freestyle
6. 11-12 boys 100 freestyle
7. 13-14 girls 100 freestyle
8. 13-14 boys 100 freestyle
9. 15-18 girls 100 freestyle
10. 15-18 boys 100 freestyle
11. 5-6 girls 25 freestyle
12. 5-6 boys 25 freestyle
13. 7-8 girls 100 medley relay
14. 7-8 boys 100 medley relay
15. 9-10 girls 100 medley relay
16. 9-10 boys 100 medley relay
17. 11-12 girls 200 medley relay
18. 11-12 boys 200 medley relay
19. 13-14 girls 200 medley relay
20. 13-14 boys 200 medley relay
21. 15-18 girls 200 medley relay
22. 15-18 boys 200 medley relay
23. 5-6 girls 100 free relay
24. 5-6 boys 100 free relay
25. 7-8 girls 25 freestyle
26. 7-8 boys 25 freestyle
27. 9-10 girls 25 freestyle
28. 9-10 boys 25 freestyle
29. 11-12 girls 50 freestyle
30. 11-12 boys 50 freestyle
31. 13-14 girls 50 freestyle
32. 13-14 boys 50 freestyle
33. 15-18 girls 50 freestyle
34. 15-18 boys 50 freestyle
35. 7-8 girls 25 breaststroke
36. 7-8 boys 25 breaststroke
37. 9-10 girls 25 breaststroke
38. 9-10 boys 25 breaststroke
39. 11-12 girls 50 breaststroke
40. 11-12 boys 50 breaststroke
41. 13-14 girls 50 breaststroke
42. 13-14 boys 50 breaststroke
43. 15-18 girls 50 breaststroke
44. 15-18 boys 50 breaststroke
45. 5-6 girls 25 backstroke
46. 5-6 boys 25 backstroke
47. 7-8 girls 100 IM
48. 7-8 boys 100 IM
49. 9-10 girls 100 IM
50. 9-10 boys 100 IM
51. 11-12 girls 100 IM
52. 11-12 boys 100 IM
53. 13-14 girls 100 IM
54. 13-14 boys 100 IM
55. 15-18 girls 100 IM
56. 15-18 boys 100 IM
57. 7-8 girls 25 backstroke
58. 7-8 boys 25 backstroke
59. 9-10 girls 25 backstroke
60. 9-10 boys 25 backstroke
61. 11-12 girls 50 backstroke
62. 11-12 boys 50 backstroke
63. 13-14 girls 50 backstroke
64. 13-14 boys 50 backstroke
65. 15-18 girls 50 backstroke
66. 15-18 boys 50 backstroke
67. 7-8 girls 25 butterfly
68. 7-8 boys 25 butterfly
69. 9-10 girls 25 butterfly
70. 9-10 boys 25 butterfly
71. 11-12 girls 50 butterfly
72. 11-12 boys 50 butterfly
73. 13-14 girls 50 butterfly
74. 13-14 boys 50 butterfly
75. 15-18 girls 50 butterfly
76. 15-18 boys 50 butterfly
77. 7-8 girls 100 free relay
78. 7-8 boys 100 free relay
79. 9-10 girls 100 free relay
80. 9-10 boys 100 free relay
81. 11-12 girls 200 free relay
82. 11-12 boys 200 free relay
83. 13-14 girls 200 free relay
84. 13-14 boys 200 free relay
85. 15-18 girls 200 free relay
86. 15-18 boys 200 free relay

