

Swim Meet Procedure

Dual Meets This is a learning experience please have your swimmer sign up for all events in his/her age group. For each meet you must fill out a **3 by 5 index card** for each event and bring that with you the day of the meet in an envelope with your name on it. Cash or checks made out to Walpole Swim Team, \$4.00 per swimmer per meet

Do not sign up for relays the coach will announce the relays after the crawl stroke events

Name: Carlie Cavanaugh	Event: 1
Team: Walpole	
Heat: _____	
Lane: _____	

This format must be exact or you will be disqualified from that event.

Event	Girls	Age	Stroke	Yards	Boys	Event
1	girls	8&U	fly	25	boys	2
3	girls	9-10	fly	25	boys	4
5	girls	11-12	fly	50	boys	6
7	girls	13-14	fly	50	boys	8
9	girls	15-18	fly	50	boys	10
11	girls	8&U	crawl	25	boys	12
13	girls	9-10	crawl	25	boys	14
15	girls	11-12	crawl	50	boys	16
17	girls	13-14	crawl	50	boys	18
19	girls	15-18	crawl	50	boys	20
21	girls	8&U	breast	25	boys	22
23	girls	9-10	breast	25	boys	24
25	girls	11-12	breast	50	boys	26
27	girls	13-14	breast	50	boys	28
29	girls	15-18	breast	50	boys	30
31	girls	8&U	back	25	boys	32
33	girls	9-10	back	25	boys	34
35	girls	11-12	back	50	boys	36
37	girls	13-14	back	50	boys	38
39	girls	15-18	back	50	boys	40
41	girls	8&U	free relay	100	boys	42
43	girls	9-10	free relay	100	boys	44
45	girls	11-12	free relay	200	boys	46
47	girls	13-14	free relay	200	boys	48
49	girls	15-18	free relay	200	boys	50
51	girls	9-10	IM	100	boys	52
53	girls	11-12	IM	100	boys	54
55	girls	13-14	IM	100	boys	56
57	girls	15-18	IM	100	boys	58