CENTENNIAL HIGH SCHOOL

MEET PROCEDURES

Order of Events

1.JV Girls
2.JV Boys
3.Varsity Girls
4.Varsity Boys
4 Heats (Races) per
event in the
following order:

200 Medley Relay
200 Freestyle
200 IM
50 Freestyle
100 Butterfly
100 Freestyle
500 Freestyle
200 Free Relay
100 Backstroke
100 Breaststroke
400 Free Relay

200 Medley Relay Order

Backstroke-Breaststroke-Butterfly-Freestyle **200 Individual**

Medley/IM Order

Butterfly-Backstroke-Breaststroke-Freestyle



Race Distances

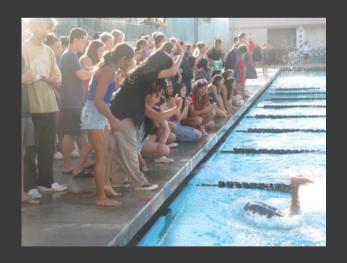
50 Yard-2 Lengths 100 Yard-4 Lengths 200 Yard-8 Lengths 500 Yard-20 Lengths 200 Yard Relays- 2 Lengths Each 400 yard Relays- 4 Lengths Each Whistle Chirps: Ready
to Mount Block
Long Whistle: Mount
Block & Place Feet
(Or) Enter Water &
Place Hands & Feet
"Take Your Marks":
Assume Start
Position
Horn Sounds: Enter
water & begin race
"Stand": Stand in
place/prepare for



Pre-Meet Checklist

SYNTHINGS

Team shirt
Team swim cap + spare
Goggles + spare towels
Warm clothes/Parka/Jacket
Food/Water/Sports Drink
Hat/Sunscreen/Sunglasses
Bag



Get ready, get hype! Cheer each other on! Always show good sportsmanship

DO NOT LOSE TRACK OF TIME!
DO NOT MISS YOUR EVENT!!!

Common Reasons for Disqualifications (DQs) & Things to Remember

<u>Butterfly</u>

- -Stroke must be symmetrical
- -Dolphin kick-feet together at all times
- -Turn & finish must be with 2 hands at the same time
- -No flutter or breast stroke kick allowed





Breaststroke

- -Stroke must be symmetrical
- -Dolphin kick-feet together at all times
- -Turn & finish must be with 2 hands at the same time
- -No flutter or butterfly kick allowed

Backstroke

- -Starts from in the water unless it the IM
- -Enter the water upon long whistle
- -Second whistle after entry- place your hands & feet in their starting position
- -Remain on your back while swimming
- -DQ underwaters past 15 meter mark
- -Know your stroke "count" from flags into your turns



Relays

-Lead swimmer stands, other 3 kneel by block when ready Swimmer 2- 4 mount block early & begin to analyze stroke pattern

- -Extend arms & "follow" swimmer into the wall to help "time" your start
- -Begin your start before they touch, but not leave the block till after they touch
 - -Finish your race with full, dependable strokes that can be anticipated