

# 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:

200Medley 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 restart



# Pre-Meet Checklist



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

## Butterfly

- 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