

MENTOR MARLINS SWIM TEAM 2025

WELCOME

Welcome to Mentor Marlins! This summer, we look to continue our successful team tradition while having lots of fun. **Civic Center Pool** will serve as the team's main practice facility as well as our home pool for a few swim meets on Saturdays.

This packet contains information about the current season, including rules and policies, addresses for all away meets, as well as practice schedules. We are looking forward to a great season. If we all work together, we can make the summer a big success!

COACHES

Head Coach: Patti Talarczyk

Age Group Coaches:

Madison Andres
Carley Dondorfer
Mallory Dondorfer
Brody Hicks

Sammy Marshall
Kevin Meyer
Sophia Messina
Lilly Parkinson
Caleb Stein

INFORMATION

Resources

- Team Website - Mentormarlins.net
- Marlinator - Weekly Newsletter
- Twitter - @MarlinsSSL
- Facebook Page - Mentor Marlins Swim Team
- Instagram - mentormarlins
- [Swimoutlet Team Store](#)

Communication

- Email Coaches: mstcoaches@gmail.com
- Email Board: mentormarlins@gmail.com

Newsletter

- The Marlinator weekly newsletter will communicate updates, reminders, and celebrations on a weekly basis. This is an excellent resource to stay informed with the latest team happenings. The newsletter is sent out by a member of the parent board on Sunday/Monday.

TEAM PRACTICES

- [Link to Full Schedule](#)

AM Option	PM Option*
Monday - Thursday at Civic Center 10 and under: 8:30 AM to 9:30 AM 11 and older 8:30 AM to 10:00 AM Fridays at UH Health Center 10 and under: 8:30 - 9:30 AM 11 and older 9:30- 10:30 AM	<i>*Must use signup feature on website</i> Tuesday and Thursday at Civic Center 6:45 PM to 7:45 PM

AM Option	Mon: 10& Under 8:30-9:30 11 & Up 8:30-10:00 Civic Center Pool	Tues: 10& Under 8:30-9:30 11 & Up 8:30-10:00 Civic Center Pool	Wed: 10& Under 8:30-9:30 11 & Up 8:30-10:00 Civic Center Pool	Thurs: 10& Under 8:30-9:30 11 & Up 8:30-10:00 Civic Center Pool	Fri: 10& Under 8:30-9:30 11 & Up 8:30-10:00 UH Wellness
PM Option	Mon: None	Tues: 6:45-7:45 Must Sign Up Civic Center	Wed: None	Thurs: 6:45-7:45 Must Sign Up Civic Center	Fri: None

[What to Bring to Practice and to Meets](#)

Practice Attendance

- Swimmers should attend **at least three practices** each week but may opt for more. We would love to see swimmers at as many practices as possible!
- We also understand that for a particular week, conflicts or challenges may arise. Please just let us know, we can often work out a solution.
- The most important item is communication. Should a swimmer need to miss practice, please contact the coaches at practice or via email to keep us informed.

- This might include for reasons like summer camp, family vacation, illness, and/or doctor's appointment.

How Practices Work

- Practices are planned to develop new skills and abilities and reinforce existing strengths (learn the progression of new strokes, turns, starts, etc.)
- Swimmers are grouped in lanes based on the particular practice for the day
 - (by age group, skill to work on, and/or practice set and interval send off)
- The heart and soul of our team is to have fun and work together. We really encourage swimmers to participate in our team events and traditions.

TEAM COMPETITIONS

Swim Meets

- Swim meets are held every Saturday morning.
- ***Please register attending/not attending using the Team Website/Sports Engine App and confirm with the age group coach if asked at practice.***
 - Repeatedly not confirming and/or not showing up after registering yes will result in being removed from relays in future meets.
- [Link to Full Schedule](#)

What to Bring

- [Link to What to Bring to Practice and to Meets](#)

Check-In Procedure

- ***Please arrive at the meet by the appointed time so that swimmers are accounted for and can warm-up before the meet.***
- Each week, we will post a check-in time where swimmers must arrive and notify their age group coach that they are present. The times are communicated weekly based on our assigned warmup time by the meet host.
 - Missing check-in/warmups will result in being removed from relays in that day's meet. Repeatedly missing check-in/warmups might result in being removed from relays in future meets.

How Meets Work

- Swimmers can swim up to 2 individual events and 2 relay events per meet. For championships, that bumps to 3 individual events and 2 relay events with the exception of the 8 and U age group that remains 2 and 2.
- Swimmers score points based on their finish place within each event
 - These are then combined to form the total team points
- We make the lineup to provide every swimmer the opportunity to swim as many races as possible.

- Lineups are based on swimmer abilities, times, and team strategy
 - **Individual Events** - swimmers should expect to swim a variety of events over the season. We want swimmers to try new events we have been working on in practice.
 - **Relay Events** - filled using season performances aligned with the coaching strategy and attendance for each meet.
 - **Strategy** - we will balance the lineup to give the team the best chance to perform well in every event in every age group. The scoring system is different for relay events versus individual events and is also different between dual meets and the championship meet and these differences can impact lineup decisions.
 - **Races** - every heat of every race has the ability to score. We want all swimmers to give their best to help the team!
- Swimmers should come see their age group coach before and after each event.
- Relay swimmers should meet as a group well in advance of their relay and stay together before, during, and after their swim. It is important that all swimmers stay for the entire meet.

MEET SCHEDULE

Date	Team	Location	Address	Theme
Meet 1 Saturday 6/14	Euclid Panthers	Euclid, Memorial Park Pool	22550 Milton Ave. Euclid, OH 44132	Tie Dye
Meet 2 Saturday 6/21	Willowick Wildcats	Mentor, Civic Center Park Pool	8500 Munson Rd. Mentor, OH 44060	Neon
Meet 3 Saturday 6/28	Cleveland Heights Tigersharks	Mentor, Civic Center Park Pool	8500 Munson Rd. Mentor, OH 44060	Western
Meet 4 Saturday 7/5	Willoughby Stingers	Willoughby, Osborne Park Pool	38575 Lakeshore Blvd. Willoughby, OH 44094	Patriotic
Meet 5 Saturday 7/12	Highland Heights Hurricanes	Mentor, Civic Center Park Pool	8500 Munson Rd. Mentor, OH 44060	Tropical/Beach
Meet 6 Saturday 7/19	Pinegate Gators	Mentor, Civic Center Park Pool	8500 Munson Rd. Mentor, OH 44060	Marlins Spirit
SSL Champs Saturday 7/26 & Sunday 7/27	Whole League	Lyndhurst Park Pool	1331 Parkview Rd. Lyndhurst, OH 44124	Blue-Out

More information about the SSL League can be found on the [league website](#).

SWIM MEET ETIQUETTE

1. Be on time, bring something to sit on, bring sunscreen, bring meet-friendly snacks, and bring plenty of water.
2. Stay off your feet and out of the sun unless you are racing or cheering, you do not want to waste energy on activities not beneficial to the meet.
3. Clean up after yourself and clean your area after the meet.
4. If you can't make it to a meet, make sure you notify a head coach of your absence as soon as possible – It only hurts the team if a swimmer is placed in the line-ups and doesn't show up.
5. If you must leave a meet early, let the coaches know ASAP so they can rearrange relays.
6. **Only Coaches, swimmers, and timers are permitted behind the blocks.**
7. Swimmers should wait in the water after they finish the race until all participants in their heat have finished. Congratulate the people in the lanes next to you!
8. **Championships are the culmination of the season. IF AT ALL POSSIBLE, DO NOT MISS CHAMPIONSHIPS!**

PARENTS

We thank you so much for all of your help and support of our athletes and program. It takes a small army to run a swim meet, and we can not possibly do it without you! We really would love to continue to have your support. There are several volunteer positions listed below (we promise all are easy to pick-up and we are happy to help with training!)

- Help volunteer with team positions and at home meets and championships;
 - Timers
 - Officials
 - Scoring
 - Team Events
 - Board (shadow this year, serve in the following year)
- RSVP for team events/swim meets on time.
- Stay informed by reading the weekly newsletter, joining, and following the team on Facebook/Twitter/Instagram.
- Provide transportation. Please accompany your swimmer or make arrangements for another adult to do so.
- Ensure your child's attendance and promptness at practices and meets.

- Help to raise money for the team by supporting our fundraisers.
- If you need to talk with a coach, do so after practice or by email. If you have a question or concern you would like to discuss beyond the head coach, we encourage you to please reach out to a member of the team parent board.

Additional Policies

- **Swimmer of the Week** - Two swimmers from each age group, one boys team member and one girls team member, will be selected following each competition to receive the “swimmer of the week” award. These awards will be given out at practice on the Monday following the meet and at the end of season banquet. Coaches use swimmer of the week as a way to reward swimmers for good behavior, spirit, attitude, swim performance, and other factors.
- **Meet eligibility** - Swimmers must attend at least three practices in a week to be eligible for the meet that weekend. In the event of illness, vacation, or other circumstances, swimmers may still be eligible if their overall season practice attendance is above 60%. If you are unsure whether your swimmer is eligible for a meet and you would like them to participate, please reach out to mstcoaches@gmail.com
- **Champs eligibility** - Swimmers must participate in at least one event in a minimum of three different meets throughout the season to be eligible for the league Championship meet at the end of the season. This is a strict league rule. Please reach out to mentormarlins@gmail.com with questions or concerns.
- **Buddy Groups** - Swimmers in the 8 and under age group and new swimmers will be placed into Buddy Groups with 13 and older swimmers. Buddy’s will have some spirit activities throughout the season and will also support one another at meets. Please look for a Buddy Group Guidelines document in a future edition of the team newsletter.

HOME MEET VOLUNTEER JOB DESCRIPTIONS

- **Timers**
 - Use a stopwatch to time events and record the times. Timers serve for half the meet (2 per lane, 12 needed each half).
 - Attend a timer’s meeting 15 minutes before the meet begins on the pool deck for last minute instruction and to get stop watches
 - Check swimmer names before races to ensure you have the correct swimmers
 - Keep swimmers behind the blocks until race time
 - If you miss the start of a race, call for a back-up timer watch
- **Back-up Timers**
 - Start 2 stop watches for each race. Watch the timers to see if anyone needs a back-up watch. Back-up timers serve for half the meet (one each half).
 - Attend a timer’s meeting 15 minutes before the meet begins on the pool deck for last

minute instruction and to get stop watches

- **On Call Board**
 - Keep the on-call board up to date with the events in the water and on deck.
 - One person needed each half of the meet
- **Concessions**
 - Sell concessions. At least five people are needed for each half of the meet.
 - First half workers usually help with set up, second half usually help with clean up.
- **Deck Runners**
 - Collect DQ slips from officials and take them to the head official then to the scorer.
 - Collect timer sheets from all 6 lanes when they are full and take them to the scorer.
 - Runners serve for half the meet and 2 are needed per half.
- **Officials**
 - Oversee the races to ensure legal swims. Officials usually serve the entire meet and 6-8 are needed per meet. **Training is required. Contact the parent board if interested in training**
 - Attend an official's meeting on the pool deck about 20 minutes before the start of the meet to receive the meet program, DQ slips, and any last minute instructions.
- **Finish Judge**
 - The finish judges sit by the edge of the pool and write down the order that the swimmers finish for each race.
- **Scorers**
 - Enters times from the timer sheet into the Meet Manager program to score the meet. **Training is required. Contact the parent board if interested in training.**
- **50/50 Raffle**
 - One person per half. Walks through the "camp" area to sell 50/50 raffle tickets. Great for parents with young kids to watch over.
- **Set up and Clean up**
 - Lots of help is needed to set up and clean up all of our swim meet areas including the pool deck, lane lines, tents, blocks etc
 - Set up usually the night before
 - Clean up directly after the meet

POLICIES

Cold/Inclement Weather Practice Cancellation Policy:

If the outside air temperature is 55 degrees or lower, swimmers will NOT get into the pool for swim practice. Coaches may elect to do a dry-land workout instead, so swimmers would need to bring shoes and appropriate clothing. Parents can expect to still pick up their swimmers at the pool at the usual end time of their swimmer's practice session. Dry-land workouts are determined per the coaches' discretion and will only be accomplished if the outside air temperature is too cold to swim. It is possible that the team will do a dry-land workout before getting into the pool, weather-permitting.

If the weather is forecasted to be severe (thunderstorms, heavy rain, tornadoes, hurricanes, etc) before practice times, practice will be canceled within 30 minutes before the start. If the weather becomes inclement during practice, swimmers may be required to exit the pool temporarily. It is the City of Mentor's policy that lightning visible in the area will require all swimmers to exit the pool. If, after 20

minutes of no lightning present, swimmers may re-enter the pool and continue with practice. If the weather continues to deteriorate, practice will end and swimmers will be recalled from the pool, get dressed and wait for their parents/guardians to pick them up. If lightning is present in the area, swimmers will remain inside the guard building locker rooms for safety. There is a covered area outside the guard building and swimmers may wait there for parent/guardian pick up if the weather permits (no lightning present).

Notification of practice cancellation / changes will be sent via Team Unify email and Sports Engine Motion App message (formerly the On Deck app). Team staff (coaches and/or parent board members) will remain at the pool until all swimmers have been picked up. Parents/guardians need to be prepared to pick up their swimmers from practice early if the weather deteriorates. Swimmers who ride their bicycles to practice must check out with their coach or a parent board member before they leave and may be required to stay at the pool in a safe area, if the weather is unsafe for them to leave on their bicycles.

The Mentor Marlins swim team coaches, parent board members and City of Mentor pool staff will do everything we can to use sound judgment in decision-making with regards to practice cancellations; keeping safety a priority for our swimmers. It is ultimately up to parents/guardians to decide whether to send their swimmers to practice on a day when the weather may be questionable. There is no penalty for the 3-practices a week requirement when practice gets canceled; all swimmers will be given attendance credit for the canceled practice so even if they only attend two other practices that week, they can still participate in that week's dual swim meet!

Discipline

Please remind your swimmers that any inappropriate, insubordinate/disrespectful or unsafe behavior in the pool, locker rooms, bathrooms or anywhere else inside the pool facility will not be tolerated. Swimmers will be given a warning for a first offense from team staff or pool staff (lifeguards/pool managers) and may be directed to sit out of the pool temporarily (given a timeout). All behavioral infractions will be reported to the parents/guardians of the swimmer(s) involved. If subsequent behavior infractions continue, the swimmer(s) may be subject to permanent removal from the team for the remainder of the season without reimbursement of fees paid. The decision to remove a swimmer from the team will be at the discretion of the coaching staff and parent board. **Mentor Marlins swimmers are ALWAYS expected to display good sportsmanship and be respectful to coaches, pool staff, parents and their teammates!**

LEAGUE CODE OF CONDUCT

The Suburban Swim League (SSL) has established the following Expectations/Code of Conduct that all swimmers, parents, and guests are expected to follow.

- A. Demonstrate good sportsmanship at all practices and meets.
- B. Respect and show courtesy to swimmers, coaches, and pool guests, at all times.
- C. Set a good example of behavior and work ethic for younger swimmers.
- D. Be respectful of teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be subject to the discipline determined by the meet's Referee or Head Official which can include up to disqualification from the meet.
- E. Refrain from any non-consensual physical conduct, obscene language or gesture, or other threatening language or conduct towards any other swimmer, official, coach or pool guest.
- F. The Suburban Swim League (SSL) does not tolerate any Sexual Harassment, which is unwelcomed conduct of a sexual nature and is not limited to unwelcomed sexual advances or verbal or nonverbal conduct of sexual nature.
- G. Show respect for all facilities and other's property (including other teams tent areas) used during practices, competitions, and team activities.
- H. Display good sportsmanship and refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- I. If there is a disagreement with an official's call, swimmers/parents will talk with their coach and not approach the official directly.

Any violation to this Code of Conduct will result in disciplinary action as explained below:

- A. During a regular season dual meet, the Head Official of the host team is charged with determining disciplinary action for violations of the SSL Code of Conduct to include up to disqualification from the meet.
- B. During the Championship Meet, the Head Referee is charged with determining disciplinary action for violations of the SSL Code of Conduct to include up to disqualification from the meet.
- C. Parents/Swimmers registering to swim in the Suburban Swim League (SSL) agree to have read and fully understand the above stated Expectations/Code of Conduct.

Reporting Behavior

Swimmers: In the event you experience or witness behavior that is in violation of the SSL Code of Conduct, the incident must immediately be reported to your head coach. The incident will then be reported to the Head Official and/or Head Referee by the Head Coach. The Head Official and/or Head Referee will confer and upon completion of their investigation, will provide their final decision on the appropriate disciplinary action.

Parents/Guests: In the event you experience or witness behavior that is in violation of the SSL Code of Conduct, the incident must immediately be reported to your Team Representative (to be determined by your team and communicated at each SSL event). The incident will then be reported to the Head Coach

who will report it to the Head Official and/or Head Referee. The Head Official and/or Head Referee will confer and upon completion of tier investigation, will provide their final decision on the appropriate disciplinary action.

Code of Conduct violations appropriately reports by a swimmer, parent or guest will be investigated by the Head Official and/or Head Referee; the Head Official and/or Head Referee will gather any relevant information from the parties involved and witnesses of the incident and will discuss with the swimmers' Head Coach and parents. Upon completion of the investigation, the Head Official and/or Head Referee will determine the appropriate disciplinary action and communicate their decision to the Head Coach and swimmer and their decision will be final.

Clerk of Course: The head of Clerk of Course (COC) is responsible for always maintaining control and decorum in the Clerk of Course area. There will be a Head Marshall (SSL Official) assigned to the COC throughout the Championship meet. If the Head Marshall experiences or witnesses behavior that is in violation of the SSL Code of Conduct, they have the authority to determine disciplinary action including a verbal warning, up to disqualification from an individual event or the meet. The Head Marshall will immediately communicate all violations to the Head Official and/or Head Referee.

SWIMMING JARGON

Dual Meet	Swim meet between two teams, one or two heats per event
Invitational	Swim meet between many teams, multiple heats per event
Heat	A division of an event in which there are too many swimmers to swim at one time.
Heat Sheet	Printed schedules of events with swimmers listed in heats – available at Championships
Meters Pool	25 Meters (~82 Feet) from end to end. Most SSL pools are this type
Yards Pool	25 Yards (75 Feet) from end to end
Scratch	Withdrawal from an event
Split Time	Time recorded for one segment of a longer event; most notably, relays
Exhibition	Swimming for time, but not for team points
DQ	When an official calls an illegal execution of a start, stroke, turn, or finish-the swimmer's time is not official and he/she scores no points for the event
False Start	When a swimmer leaves his/her mark before the starting signal.
Medley Relay	Four swimmers with each swimmer swimming $\frac{1}{4}$ of the event distance in the following order: Backstroke (BK), Breaststroke (BR), Butterfly (FL), and Freestyle (FR)
Individual Medley (IM)	One swimmer swims the required distance in the following order: $\frac{1}{4}$ Butterfly, $\frac{1}{4}$ Backstroke, $\frac{1}{4}$ Breaststroke, $\frac{1}{4}$ Freestyle 9-12: 100 IM, 13-18: 200 IM.
NT	When a swimmer has no previous time for an event

ORDER OF EVENTS - Dual Meets

#	Age Group	Event	#	Age Group	Event
1	16-18	Girls 200 Medley Relay	25	8&U	Girls 25 Freestyle
2	16-18	Boys 200 Medley Relay	26	8&U	Boys 25 Freestyle
3	13-15	Girls 200 Medley Relay	27	9-10	Girls 50 Freestyle
4	13-15	Boys 200 Medley Relay	28	9-10	Boys 50 Freestyle
5	11-12	Girls 200 Medley Relay	29	11-12	Girls 50 Freestyle
6	11-12	Boys 200 Medley Relay	30	11-12	Boys 50 Freestyle
7	9-10	Girls 200 Medley Relay	31	13-15	Girls 50 Freestyle
8	9-10	Boys 200 Medley Relay	32	13-15	Boys 50 Freestyle
9	8&U	Girls 100 Medley Relay	33	16-18	Girls 50 Freestyle
10	8&U	Boys 100 Medley Relay	34	16-18	Boys 50 Freestyle
11	11-12	Girls 200 Free	35	8&U	Girls 25 Butterfly
12	11-12	Boys 200 Free	36	8&U	Boys 25 Butterfly
13	13-15	Girls 200 Free	37	9-10	Girls 50 Butterfly
14	13-15	Boys 200 Free	38	9-10	Boys 50 Butterfly
15	16-18	Girls 200 Free	39	11-12	Girls 50 Butterfly
16	16-18	Boys 200 Free	40	11-12	Boys 50 Butterfly
17	9-10	Girls 100 Individual Medley	41	13-15	Girls 100 Butterfly
18	9-10	Boys 100 Individual Medley	42	13-15	Boys 100 Butterfly
19	11-12	Girls 100 Individual Medley	43	16-18	Girls 100 Butterfly
20	11-12	Boys 100 Individual Medley	44	16-18	Boys 100 Butterfly
21	13-15	Girls 200 Individual Medley	45	8&U	Girls 50 Freestyle
22	13-15	Boys 200 Individual Medley	46	8&U	Boys 50 Freestyle
23	16-18	Girls 200 Individual Medley	47	9-10	Girls 100 Freestyle
24	16-18	Boys 200 Individual Medley	48	9-10	Boys 100 Freestyle

#	Age Group	Event	#	Age Group	Event
49	11-12	Girls 100 Freestyle	75	8&U	Girls 100 Freestyle Relay
50	11-12	Boys 100 Freestyle	76	8&U	Boys 100 Freestyle Relay
51	13-15	Girls 100 Freestyle	77	9-10	Girls 200 Freestyle Relay
52	13-15	Boys 100 Freestyle	78	9-10	Boys 200 Freestyle Relay
53	16-18	Girls 100 Freestyle	79	11-12	Girls 200 Freestyle Relay
54	16-18	Boys 100 Freestyle	80	11-12	Boys 200 Freestyle Relay
55	8&U	Girls 25 Backstroke	81	13-15	Girls 200 Freestyle Relay
56	8&U	Boys 25 Backstroke	82	13-15	Boys 200 Freestyle Relay
57	9-10	Girls 50 Backstroke	83	16-18	Girls 200 Freestyle Relay
58	9-10	Boys 50 Backstroke	84	16-18	Boys 200 Freestyle Relay
59	11-12	Girls 50 Backstroke			
60	11-12	Boys 50 Backstroke			
61	13-15	Girls 100 Backstroke			
62	13-15	Boys 100 Backstroke			
63	16-18	Girls 100 Backstroke			
64	16-18	Boys 100 Backstroke			
65	8&U	Girls 25 Breaststroke			
66	8&U	Boys 25 Breaststroke			
67	9-10	Girls 50 Breaststroke			
68	9-10	Boys 50 Breaststroke			
69	11-12	Girls 50 Breaststroke			
70	11-12	Boys 50 Breaststroke			
71	13-15	Girls 100 Breaststroke			
72	13-15	Boys 100 Breaststroke			
73	16-18	Girls 100 Breaststroke			
74	16-18	Boys 100 Breaststroke			

HOW TO READ A HEAT SHEET

A heat sheet is the printed list displayed before and during a swim meet that tells swimmers what heats and lanes they will compete in for their events.

Here is an annotated example for an individual event:

Event number	→	Event 21 Girls 6 & Under 25 SC Meter Freestyle																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
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Terms:

Seed Time - This is the swimmer's fastest time in that event for the current season. Trying to beat this time is a great goal!

NT - If you see this reported for the seed time, this indicates that the swimmer currently has "**No Time**" previously entered for that event. This could be that the swimmer is competing in it for the first time or that the swimmer was disqualified in previous attempts.

X - An "X" indicated before the seed time denotes that this race is being swum as an exhibition event in the current meet. In an exhibition event, the swimmer will receive a time and this will count towards participation but cannot score points. Exhibition events are used in compliance with League lineup rules based on the number of events a swimmer is in and how many entries the team has in an event.

Heat sheets for relays look a little different. Here is an example:

Event 4 Boys 9-10 200 SC Meter Medley Relay				
Heat number	Lane	Team	Relay	Seed Time
	Heat 1 Finals			
	1	LAKY-OH McDonnell, Alex, 10 James, Benjamin 10	D Wilson, Tim 10 Martin, Justin 9	NT
	2	LAKY-OH Collins, Tyler 9 Hawkins, Garrett 9	B Littig, Matthew 10 Anderson, Brady 10	3:37.47
Swimmer 1	4	LAN-OH Wolf, Nicholas 10	A Miller, Keith 9	NT
Swimmer 3		Anthony, Ryan 10	Carlin, Chris 9	
	5	LAKY-OH Sepela, Jacob 10 Lasance, Eric 9	A Martin, Tommy 10 Phillips, Tyler 10	3:13.97
	6	LAN-OH Livznage, Ransika 9 Shorten, Zach 9	C Rainford, Alex 10 Riggs, Conner 9	4:03.89

Medley Relays - When a swimmer is on a medley relay, the stroke order is as follows:

Swimmer 1: Backstroke

Swimmer 2: Breaststroke

Swimmer 3: Butterfly

Swimmer 4: Freestyle

It is important for swimmers to swim in the correct order and swim the correct stroke. If the order or stroke are changed, the relay would be disqualified.

On a freestyle relay, all swimmers swim freestyle and must swim in the order listed on the heat sheet.

Swimmers in the 8 & Under age group swim one length of the pool each in a relay (25m). Swimmers in all other age groups swim two lengths of the pool each in a relay (50m).

The seed time for a relay is automatically calculated using the best times for each swimmer on the relay. Any NT would be applied if any swimmer on the relay is competing in that stroke and distance for the first time in a season.