

# NHSSL Dual Meet Event List

(revised 2012)

	Girls		Boys	
	1	17U 200 Medley Relay	2	
	3	12U 100 Medley Relay	4	
	5	10U 100 Medley Relay	6	
	7	8U 100 Medley Relay	8	
	9	100 Backstroke Crescendo Relay	10	
	11	100 Breaststroke Crescendo Relay	12	
	13	100 Butterfly Crescendo Relay	14	
	15	8U 100 Freestyle Relay	16	
	17	10U 100 Freestyle Relay	18	
	19	12U 100 Freestyle Relay	20	
	<u>21</u>	<u>17U 200 Freestyle Relay</u>	<u>22</u>	
	23	12U 100 IM	24	
	25	17U 100 IM	26	
(Timers move)	27	8U 25 Freestyle	28	*
	29	10U 25 Freestyle	30	*
(Timers move)	31	12U 50 Freestyle	32	*
	33	14U 50 Freestyle	34	
	35	17U 50 Freestyle	36	
	37	Mixed 10U 100 Backstroke Relay		
	38	Mixed 8U 100 Freestyle Relay		
	39	Mixed 10U 100 Freestyle Relay		
	40	Mixed 12U 100 Freestyle Relay		
	41	Mixed 14U 200 Freestyle Relay		
	42	Mixed 17U 200 Freestyle Relay		
	43	Coaches/Parents 200 Freestyle Relay – optional- No points		

Lanes: Home 1-3-5  
Away 2-4-6

Scoring: Relays 6-3-1  
Individual 5-3-1

Medley Relay: backstroke, breaststroke, butterfly then freestyle

Individual Medley: butterfly, backstroke, breaststroke then freestyle

Mixed Relay: girl- boy- girl- then boy

- \* Each Team is permitted a **maximum** of 5 Alternate heats in Events # 27- 32  
(Please use ALL lanes for each heat, combining ages/ genders when necessary)  
Coaches should meet prior to the start of meet to combine heats to help expedite
- Each Team is permitted a maximum of 3 entries for points (6- lane pools)
- Each Team is permitted a maximum of 2 entries for points (4 /5- lane pools)
- Each Swimmer is permitted to swim in a maximum of 4 events
- **Inclement weather only:** a meet will be scored & considered complete after Event # 22
- No Team may sweep an event, 3rd place points are not awarded to the other Team