

Creative Meet Formats for Age Groupers

A collaborative effort from the Age Group Development Swimming Committee

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Intersquad Meets

Benefits:

1. To entire team be together
2. Help parents and new swimmer learn the ropes of a first meet.
3. Help parents learn where to volunteer.

Time Line:

# of Swimmers	# of Events	# of Lanes	Approximate Time
100	2	6	1.5 Hours
150	2	8	1.5 Hours

Format:

Female	Event	Male
10 & Under	25 Free	10 & Under
11 & Over	50 Free	11 & Over
10 & Under	25 Breast	10 & Under
11 & Over	50 Breast	11 & Over
10 & Under	25 Fly	10 & Under
11 & Over	50 Fly	11 & Over
10 & Under	25 Back	10 & Under
11 & Over	50 Back	11 & Over

Suggestions/Ideas:

1. Can be run by more age groups depending on size of team.
2. Does not need to have official times.
3. Needs to be done quickly.
4. Needs to be engaging with plenty of instruction on meet protocol.



Mixer Meets

Benefits:

1. Bring teams together by bringing competitors to be teammates and with each other
2. Help swimmer learn to interact with others. Older swimmer mentoring younger swimmers.
3. Can be a great first meet experience.

Time Line:

# of Swimmers	# of Events	# of Lanes	Approximate Time
100	2 + relay	6	2 Hours
150	2 + relay	8	2 Hours

Format:

Female	Event	Male
All ages	Fun RELAY	All ages
All ages	25 Free	All ages
All ages	50 Free	All ages
All ages	25 Breast	All ages
All ages	50 Breast	All ages
All ages	25 Fly	All ages
All ages	50 Fly	All ages
All ages	25 Back	All ages
All ages	50 Back	All ages
All ages	Fun RELAY	All ages

Suggestions/Ideas:

1. Can be run all mixed up or by age groups.
2. Great to run older swimmer clinic/practice in the morning. Then older kids help younger kids with clinic in the afternoon. Then end the day or run a meet the next day with a meet while they are on different teams.
3. Must include relays with other swimmers. Relays could be mixed up strokes or include swimmers from each age group. Be creative.



Dual/Tri Meets

Benefits:

1. Event of short duration
2. Provides exciting competition with a smaller population of athletes
3. Allows for interaction of parents amongst other parents; athletes amongst other athletes.

Timeline:

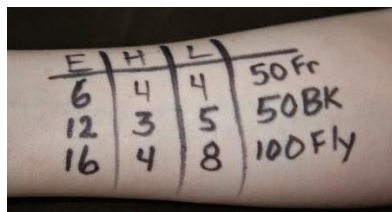
# of Athletes	# of Events	# of Lanes	Approximate Time
100	2	6	2 hours
100	3	6	2.5 hours
150	2	8	2 hours 15min
150	3	8	2 hours 30min

Format:

Female Event #	Events	Male Event #
1	8 & Under 25 Free	2
3	10 & Under 50 Free	4
5	8 & Under 25 Back	6
7	10 & Under 50 Back	8
9	8 & Under 25 Breast	10
11	10 & Under 50 Breast	12
13	8 & Under 25 Fly	14
15	10 & Under 50 Fly	16

Suggestions/Ideas:

1. Have awards ready to distribute at the meet
2. Consider combining with a social event or swim clinic
3. Have a mystery heat where music comes on and the winner of the heat gets a prize
4. Could be run as a tri meet or triple dual meet format to include other groups or clubs



Single-Age Meets

Benefits:

1. Event of short duration
2. Limits competition to swimmers closer in biological age
3. Provides exciting competition with a smaller population of athletes

Timeline:

# of Athletes	# of Events	# of Lanes	Approximate Time
100	2	6	2 hours
100	3	6	2.5 hours
100	4	6	3.25 hours
150	2	8	2 hours 15min
150	3	8	2 hours 30min
150	4	8	3 hours

Format:

Female Event #	Events	Male Event #
1	6-year old 25 Free	2
3	7-year old 25 Free	4
5	8-year old 25 Free	6
7	9-year old 50 Free	8
9	10-year old 50 Free	10
11	6-year old 25 Back	12
13	7-year old 25 Back	14
15	8-year old 25 Back	16
17	9-year old 50 Back	18
19	10-year old 50 Back	20
21	6-year old 25 Breast	22
23	7-year old 25 Breast	24
25	8-year old 25 Breast	26
27	9-year old 50 Breast	28
29	10-year old 50 Breast	30
31	6-year old 25 Fly	32
33	7-year old 25 Fly	34
35	8-year old 25 Fly	36
37	9-year old 50 Fly	38
39	10-year old 50 Fly	40

Suggestions/Ideas:

1. Include relays at the end
2. Recognize the single-age stroke "champions" at the end of each stroke
3. Add times of all four strokes together for each swimmer and reward the top-8 swimmers with the lowest overall time in seconds (those who swam the fastest overall) in each single-age.



Relay Meets

Benefits:

1. Event of short duration
2. Relay swimming creates a team atmosphere
3. Provides a variety of racing
4. Provides a way to introduce swimmers to new challenges

Timeline:

# of Athletes	# of Events	# of Lanes	Approximate Time
96	4 relays/swimmer	6	1.5 hours
96	5 relays/swimmer	6	2.0 hours
144	4 relays/swimmer	8	1.75 hours
144	5 relays/swimmer	8	2.25 hours

Format:

Female Event #	Events	Male Event #
1	8&U 100 Free Relay	2
3	10&U 100 Free Relay	4
5	8&U 100 Kicking Relay	6
7	10&U 100 Kicking Relay	8
9	8&U 100 Medley Relay	10
11	10&U 100 Medley Relay	12
13	8&U Crescendo Relay (25-50-75-100)	14
15	10&U Crescendo Relay (25-50-75-100)	16
17	8&U Corkscrew Relay	18
19	10&U Corkscrew Relay	20
21	8&U Rock-Paper-Scissor Relay	22
23	10&U Rock-Paper-Scissor Relay	24

Suggestions/Ideas:

1. Add any creative relays that you can come up with to excite the participants
2. Relay teams should be as even as possible to create competition
3. Perhaps combine with a relay start clinic before the actual competition itself



Female vs. Male Meets

Benefits:

1. They do not normally compete against each other.
2. Definitely can give a different feel to a meet.
3. Help parents learn where to volunteer.

Time Line:

# of Swimmers	# of Events	# of Lanes	Approximate Time
100	2 + Relay	6	2 Hours
150	2 + Relay	8	2 Hours
100	3 + Relay	6	2.75 Hours
150	3 + Relay	8	2.5 Hours

Format:

Mixed	Event
8 & Under	25 Free
9 & 12	50 Free
13 & Over	100 Free
8 & Under	25 Breast
9 & 12	50 Breast
13 & Over	100 Breas
8 & Under	25 Fly
9 & 12	50 Fly
13 & Over	100 Fly
8 & Under	25 Back
9 & 12	50 Back
13 & Over	100 Back

Mixed	Event
8 & Under	100 Free Relay
9 & 12	200 Free Relay
13 & Over	200 Free Relay
8 & Under	100 Medley Relay
9 & 12	200 Medley Relay
13 & Over	200 Medley Relay

Suggestions/Ideas:

1. Include awarding points much like a dual meet.
2. Include a cheer off
3. Relays can be placed anywhere in the event line up.
4. Social event at the end is always good to bring everyone back together.



Email/Postal Meets

Benefits:

1. Less Travel.
2. Be able to compete with teams that normally would not be able to.
3. Being able to compete and do best without know exactly what your competitors are doing.
4. Compare/compete with any team around the country.

Time Line:

# of Swimmers	# of Events	# of Lanes	Approximate Time
100	2 + Relay	6	3 Hours
150	2 + Relay	8	2.5 Hours

Format:

Female	Event	Male
10 & Under	25 Free	10 & Under
11 & Over	50 Free	11 & Over
10 & Under	25 Breast	10 & Under
11 & Over	50 Breast	11 & Over
10 & Under	25 Fly	10 & Under
11 & Over	50 Fly	11 & Over
10 & Under	25 Back	10 & Under
11 & Over	50 Back	11 & Over

Suggestions/Ideas:

1. Take a lot of buy in for parents and officials.
2. May be able to stream each location via internet (iHigh).



Pentathlon

Benefits:

1. See where team needs work
2. All kids are expected to do the same thing
3. Get to see who the best all-around swimmer is.
4. Promote well rounded swimmers.

Time Line:

# of Swimmers	# of Events	# of Lanes	Approximate Time
100	5	6	4 Hours
150	5	8	3.75 Hours

Format:

Female	Event	Male
8 & Under	25 Free	8 & Under
9-10	50 Free	9-10
8 & Under	25 Breast	8 & Under
9-10	50 Breast	9-10
8 & Under	25 Fly	8 & Under
9-10	50 Fly	9-10
8 & Under	25 Back	8 & Under
9-10	50 Back	9-10
10 & Under	100 IM	10 & Under

Suggestions/Ideas:

1. Everyone swims every event.