

# AGE GROUP

## Developmental Competition Meet Formats

The Age Group Development Committee has developed a resource for clubs to utilize when hosting future events for their newest athletes. This resource, titled Developmental Competition Categories, identifies developmentally appropriate events and different ways to use them throughout your season.

### EVENTS POSSIBLE

- 25, 50, 100 Freestyle
- 25, 50 Backstroke
- 25, 50 Breaststroke
- 25, 50 Butterfly
- 100 IM
- 100, 200 Freestyle Relay
- 100, 200 Medley Relay
- 100, 200 Mixed Freestyle Relay
- 100, 200 Mixed Medley Relay

### AGE GROUP DEVELOPMENT COMMITTEE SUGGESTED DEVELOPMENTAL COMPETITION FORMATS

- Meet Format Name  
*Early Season Developmental Checkpoint*
- Recommended Events (10 & Under)  
25/50 Freestyle  
25/50 Backstroke  
100 Freestyle Relay  
100 Mixed Freestyle Relay
- Recommended Events (11-12)  
50, 100 Freestyle  
50 Backstroke  
200 Freestyle Relay  
200 Mixed Freestyle Relay

**Notes:** Typically, freestyle and backstroke are taught at the beginning of the developmental season, before butterfly and breaststroke. This meet style could serve as the concluding checkpoint of learning these two strokes before moving into the more complex breaststroke and butterfly.

- Meet Format Name  
*Mid-Season Developmental Checkpoint*
- Recommended Events (10 & Under)  
25/50 Butterfly  
25/50 Breaststroke  
100 IM  
100 Medley Relay  
100 Mixed Medley Relay
- Recommended Events (11-12)  
50 Butterfly  
50 Breaststroke  
100 IM  
200 Medley Relay  
200 Mixed Medley Relay

**Notes:** Butterfly and breaststroke are typically taught after mastering freestyle and backstroke. This meet would serve as the concluding checkpoint of mastering these two strokes before moving into practices where all four strokes are integrated together.

- Meet Format Name  
*Pre-IMR/Pre-IMX*
- Recommended Events (10 & Under)  
25/50 Freestyle  
25/50 Backstroke  
25/50 Breaststroke  
25/50 Butterfly
- Recommended Events (11-12)  
50 Freestyle  
50 Backstroke  
50 Breaststroke  
50 Butterfly  
100 IM

**Notes:** In this type of meet, each swimmer would swim the designated events listed above, completing an IMR/IMX style of event sequence. This format would have no freedom of choice.

# AGE GROUP

## Developmental Competition Meet Formats, cont.



4

- Meet Format Name  
*Open Pre-IMR/Pre-IMX*
- Recommended Events (10 & Under, Choose 2-3)  
*25/50 Freestyle*  
*25/50 Backstroke*  
*25/50 Breaststroke*  
*25/50 Butterfly*  
*100 IM*
- Recommended Events (11-12, Choose 2-3)  
*50 Freestyle*  
*50 Backstroke*  
*50 Breaststroke*  
*50 Butterfly*  
*100 IM*

*Notes: This type of Pre-IMR and Pre-IMX meet would be designed for a larger meet, where a full IMR/IMX slate cannot be fit into the two-hour timeline. Athletes shall choose/be placed in 2-3 events from those listed above.*

5

- Meet Format Name  
*Open Developmental*  
*“Championship” Checkpoint*
- Recommended Events (10 & Under)  
*ALL*
- Recommended Events (11-12)  
*ALL*

*Notes: This meet would serve as the conclusion to the developmental season, allowing athletes and/or coaches to choose the events they would like to swim. The amount of events would be contingent on the timeline, and multiple sessions may have to be run for this meet.*

6

- Meet Format Name  
*Relay + Distance*
- Recommended Events (10 & Under)  
*100 Freestyle Relay*  
*100 Mixed Freestyle Relay*  
*100 Medley Relay*  
*100 Mixed Medley Relay*  
*100 IM*  
*100 Freestyle*
- Recommended Events (11-12)  
*200 Freestyle Relay*  
*200 Mixed Freestyle Relay*  
*200 Medley Relay*  
*200 Mixed Medley Relay*  
*100 IM*

*Notes: Oriented as more of a fun meet style, while allowing athletes to participate in the “distance” events of developmental competition.*