

Hurricane Summer Dual Meet Overview

For those of you who are new to Summer swimming, here is a quick overview of how dual meets are run. All dual meets follow the guidelines listed below.

AGE GROUPS

Swimmers compete in age groups determined by their age on June 15. These age groups for explanation purposes in this document will be called “Group”

AGE	Group
8 and under	E
9 and 10	D
11 and 12	C
13 and 14	B
15 to 18	A

DUAL MEET ORDER OF EVENTS

EVENT	DESCRIPTION
Freestyle	100 Yards. Groups A and B
Medley Relay	Four swimmers, by age group, each complete $\frac{1}{4}$ of the prescribed distance in backstroke, breaststroke, butterfly or freestyle, in that order. The medley relay is 100 yards; Groups D and E. 200 yards Group A, B, C
Freestyle	25 Yards for E, 50 yards for A,B,C,D
Breaststroke	25 yards for D and E, 50 yards for C, 100 yards for A and B
Backstroke	25 yards for D and E, 50 yards for C, 100 yards for A and B
Butterfly	25 yards for D and E, 50 yards for A, B,C
Freestyle Relay	Four swimmers, each complete $\frac{1}{4}$ of the prescribed distance in freestyle. Group D and E is 100 yards; Groups A,B,C are 200 yards

Within each stroke category, the events are run in order of youngest (Group E) to oldest (Group A), alternating girls and boys.

EVENTS PER SWIMMER

At a dual meet, swimmers are allowed to swim four events "officially" no more than three of which can be individual events and no more than two of which can be relays. There is no limit on the number of unofficial events any swimmer may enter. Each team is allowed three official entries per individual event, and three official relays for the relay events. The coaches write our lineups to maximize the score while still including all of our swimmers.

- "Official" means that the swimmer is eligible to score points (unofficial swimmers cannot score).

OFFICIAL/UNOFFICIAL

All swimmers in the first heat will be able to score points. The meet will be seeded fastest to slowest in every event with an even amount of swimmers from each team in every heat if possible. The Home Team always swims in the EVEN numbered lanes and the Visiting Team in the ODD numbered lanes unless the coaches agree to different lane assignments for the unofficial (exhibition) heats only.

SCORING/RESULTS

At all dual meets, the scoring is the same. Individual events are scored 5-3-1 for first, second, and third. Relays earn points for first, second, & third place only (5-3-1).

- If one team "sweeps" an event (that is, that team's swimmers place first, second and third), the third-place points are awarded to the other team.

A MEET IS NOT OVER UNTIL....

The last swimmer has finished, we have done our cheer for the opposing team, officials, and coaches, and have shaken hands as a team with our opponent, and have cleaned up the area in which our swimmers were sitting. Willow Grove swimmers are required to stay until the end of every meet. Once a swimmer has finished their events, they may still be needed to fill in for a swimmer who was unable to participate in their event.

At the end of the season, awards will be given to all members.

Participation is critical for a successful program we need to fill all events and relays to be competitive.