

Hurricane Winter Dual Meet Overview

For those of you who are new to Winter 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 December 1. 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 21	A

DUAL MEET ORDER OF EVENTS

EVENT	DESCRIPTION
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; Group E. 200 yards Group A, B, C, D
Freestyle	200 Yards. Groups A, B, C
Freestyle	25 Yards Group E, 50 yards Groups A,B,C,D
Backstroke	25 yards Group E, 50 yards Groups C, D, and 100 yards Groups A, B
Breaststroke	25 yards Group E, 50 yards Groups C, D and 100 yards Groups A B
Freestyle	500 yards Group A

Freestyle	50 yards Group E. 100 yards Groups A, B, C, D
Butterfly	25 yards Group E, 50 yards Group C, D, and 100 yards Group A, B
Individual Medley (IM)	100 yards Group D, 200 yards Group A, B, C
Freestyle Relay	Four swimmers, each complete $\frac{1}{4}$ of the prescribed distance in freestyle. Group D is 100 yards; Groups A, B, C, D are 200 yards
	DISTANCE EVENTS
Individual Medley (IM)	400 yards Group A, B
Freestyle	200 yards Group D, 500 yards Group B
Butterfly	100 yards Groups C, D, 200 yards Groups A, B
Backstroke	100 yards Groups C, D, 200 yards Groups A, B
Breaststroke	100 yards Groups C, D, 200 yards Groups A, B

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

EVENTS PER SWIMMER

At a dual meet, swimmers are allowed to swim three events "officially". 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 7 points for first place only, nothing for the others.

- 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.
- There are five age groups. The team with the most age groups that outscored the opponent's corresponding age group gets the victory.

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.