

6 & Unders FIRST

	(Make sure 15 y ROPE is in the water)
<b>Freestyle</b>	Swimmers; Step Up; Take Your Mark
	6 & under <b>Boys</b> 15 Yrd Free Style
	6 & under <b>Girls</b> 15 Yrd Free Style
<b>Backstroke</b>	Step In; Place Your Feet; Take Your Mark
	6 & under <b>Boys</b> 15 Yrd Backstroke
	6 & under <b>Girls</b> 15 Yrd Backstroke
<b>Breast</b>	Swimmers; Step Up; Take Your Mark
	6 & under <b>Boys</b> 15 Yrd Breast Stroke
	6 & under <b>Girls</b> 15 Yrd Breast Stroke

(Please remove the 15 y ROPE)

Judges & Timers Please come to the STARTING Side of the Pool

Back/Breast/Fly/Free	<b>Medley Relay</b>	Step In; Take Your Mark.
		7 & 8 <b>Boys</b> 100 Yrd Medley Relay
Stand Up		7 & 8 <b>Girls</b> 100 Yrd Medley Relay
Step Down		9 & 10 <b>Boys</b> 100 Yrd Medley Relay
Still on the Mark		9 & 10 <b>Girls</b> 100 Yrd Medley Relay
<b>Stand on back of Blocks</b>		11 & 12 <b>Boys</b> 200 Yrd Medley Relay
		11 & 12 <b>Girls</b> 200 Yrd Medley Relay
Watch for Wiggles		13 & 14 <b>Boys</b> 200 Yrd Medley Relay
Watch for Ready		13 & 14 <b>Girls</b> 200 Yrd Medley Relay
@ least 1 foot to Front		15 to 18 <b>Boys</b> 200 Yrd Medley Relay
		15 to 18 <b>Girls</b> 200 Yrd Medley Relay

(Judges & Timers Please go to the FAR side of the pool)

<b>Freestyle</b>	Swimmers; Step Up; Take Your Mark
	7 & 8 <b>Boys</b> 25 Yrd Free Style
	7 & 8 <b>Girls</b> 25 Yrd Free Style
	9 & 10 <b>Boys</b> 25 Yrd Free Style
	9 & 10 <b>Girls</b> 25 Yrd Free Style

Judges & Timers Please come to the STARTING Side of the Pool

	11 & 12 <b>Boys</b> 50 Yrd Free Style
	11 & 12 <b>Girls</b> 50 Yrd Free Style
	13 & 14 <b>Boys</b> 50 Yrd Free Style
	13 & 14 <b>Girls</b> 50 Yrd Free Style
	15 to 18 <b>Boys</b> 50 Yrd Free Style
	15 to 18 <b>Girls</b> 50 Yrd Free Style

(Judges & Timers Please go to the FAR side of the pool)

<b>Backstroke</b>	Step In; Place Your Feet; Take Your Mark
	7 & 8 <b>Boys</b> 25 Yrd Backstroke
	7 & 8 <b>Girls</b> 25 Yrd Backstroke
	9 & 10 <b>Boys</b> 25 Yrd Backstroke
	9 & 10 <b>Girls</b> 25 Yrd Backstroke

Feet touching Water  
No curled toes or standing

**Stand on back of Blocks** for older age BackStroke

Judges and Timers, this is a MAIN EVENT. Are you Ready?

Judges & Timers Starting Side of the Pool - remove the Backstoke Pads
11 & 12 <b>Boys</b> 50 Yrd Backstroke
11 & 12 <b>Girls</b> 50 Yrd Backstroke
13 & 14 <b>Boys</b> 50 Yrd Backstroke
13 & 14 <b>Girls</b> 50 Yrd Backstroke
15 to 18 <b>Boys</b> 50 Yrd Backstroke
15 to 18 <b>Girls</b> 50 Yrd Backstroke

(Judges & Timers Please go to the FAR side of the pool)

<b>Breast</b>	Swimmers; Step Up; Take Your Mark
	7 & 8 <b>Boys</b> 25 Yrd Breast Stroke
	7 & 8 <b>Girls</b> 25 Yrd Breast Stroke
	9 & 10 <b>Boys</b> 25 Yrd Breast Stroke
	9 & 10 <b>Girls</b> 25 Yrd Breast Stroke

Judges & Timers Please come to the STARTING Side of the Pool

	11 & 12 <b>Boys</b> 50 Yrd Breast Stroke
	11 & 12 <b>Girls</b> 50 Yrd Breast Stroke
	13 & 14 <b>Boys</b> 50 Yrd Breast Stroke
	13 & 14 <b>Girls</b> 50 Yrd Breast Stroke
	15 to 18 <b>Boys</b> 50 Yrd Breast Stroke
	15 to 18 <b>Girls</b> 50 Yrd Breast Stroke

(Judges & Timers Please go to the FAR side of the pool)

<b>Butterfly</b>	Swimmers; Step Up; Take Your Mark
	7 & 8 <b>Boys</b> 25 Yrd Butterfly
	7 & 8 <b>Girls</b> 25 Yrd Butterfly
	9 & 10 <b>Boys</b> 25 Yrd Butterfly
	9 & 10 <b>Girls</b> 25 Yrd Butterfly

Judges & Timers Please come to the STARTING Side of the Pool

	11 & 12 <b>Boys</b> 50 Yrd Butterfly
	11 & 12 <b>Girls</b> 50 Yrd Butterfly
	13 & 14 <b>Boys</b> 50 Yrd Butterfly
	13 & 14 <b>Girls</b> 50 Yrd Butterfly
	15 to 18 <b>Boys</b> 50 Yrd Butterfly
	15 to 18 <b>Girls</b> 50 Yrd Butterfly

<b>Free Relay</b>	Swimmers; Step Up; Take Your Mark
	7 & 8 <b>Boys</b> 100 Yrd Freestyle Relay
	7 & 8 <b>Girls</b> 100 Yrd Freestyle Relay
	9 & 10 <b>Boys</b> 100 Yrd Freestyle Relay
	9 & 10 <b>Girls</b> 100 Yrd Freestyle Relay
	11 & 12 <b>Boys</b> 200 Yrd Freestyle Relay
	11 & 12 <b>Girls</b> 200 Yrd Freestyle Relay
	13 & 14 <b>Boys</b> 200 Yrd Freestyle Relay
	13 & 14 <b>Girls</b> 200 Yrd Freestyle Relay
	15 to 18 <b>Boys</b> 200 Yrd Freestyle Relay
	15 to 18 <b>Girls</b> 200 Yrd Freestyle Relay