



BDSC Fall Swim Club 13 & Under In-House League

This League is for all swimmers 13 & Under that are not in Silver, Gold or Seniors. The League will run for 9 weeks (Nov 3rd- December 29th).

After all Registrations are collected, swimmers will be divided into 4 teams (Red, Green, Blue, and Yellow).

Each swimmer will have 2 practices a week.

Tuesdays and Thursdays

Beginner / Advanced Beginner (11 & Unders) 6:05-6:50pm

Intermediate (10 & Under)– 6:55-7:40pm

Advanced Beginner / Intermediate (11-14 Year Old) – 7:45-8:30pm

Mondays Dual Meets 7:00-8:00pm (30 Min. Practice and 30 min. for Dual meet)

**See Dual Meet Schedule*

Rules

1. Teams will be divided based on the number of kids registered (trying to keep siblings and friends together). Example: If we have 4 - 8 & Under register we will put one on each team and then move to the 9-10 year old and so on and so forth.
2. All families will be notified of team on Wednesday, November 4th.
3. Focus for each week.
 - a. Weeks 1 & 2 will focus on Free and Back
 - b. Weeks 3 & 4 will focus on back and breast
 - c. Weeks 5 & 6 will focus on breast and Fly
 - d. Weeks 7 & 8 will focus on all 4 strokes review.

4. Dual Meet Schedule

Dates	Dual Meet
Monday, November 9 th	Blue Vs Red
Monday, November 16 th	Green Vs Yellow
Monday, November 23 rd	Blue Vs Yellow
Monday, November 30 th	Red Vs Green
Monday, December 7 th	Red Vs Yellow
Monday, December 14 th	Blue Vs Green
Monday, December 21 st	Championship Meet

5. Dual meets will have 25's and 50's based on the focus for that week.
 - a. 8 & Unders and 10 & Unders will focus on 25's and 50's
 - b. 11-13 Year olds will focus on 50's.
6. Races would be based on the ages and ability of the swimmers present for the dual meet that day.
7. Each team would have 2 swimmers in each race.
8. Each swimmer will race 2 races each dual meet.

9. Coaches will start and officiate the races.
10. Stroke infractions will be designated to last place (if swimmer A in a heat has a stroke infraction, they would automatically go to 4th place no matter the finish). If there are multiple stroke infractions then they would be moved to lower places based on their finish (example there are 2 swimmers with stroke infractions within the heat, those 2 swimmers would go to third and fourth places based on their order of finish. Completely wrong stroke would be disqualified, and no points awarded).
11. Race Scoring - 1st -5 Points, 2nd - 3 Points, 3rd - 2 Points, 4th - 1 Point
12. Meet Scoring
 - a. Dual meet win would be worth 2 points.
 - b. Championship Meet 1st - 8 Points, 2nd 6 Points, 3rd 5 Points, 4th 4 Points.
13. Championship Meet to be hosted on the last Monday of the Session.
 - a. Swimmers will swim 3 events.
 - b. Ribbons will be given out for each race 1st-4th
 - c. Team Champion prizes TBD.