**Meet** **Events**

These events are the same order at every SAL dual meet. At SAL invitational meets, there are usually no relays and the order of events may change. USA meets have many different events.

The first 3 events at dual meets are the dive team events.  
4      8 & Under 100 Yard Medley Relay  
5      9-10 200 Yard Medley Relay  
6      11-12 200 Yard Medley Relay  
7      13-14 200 Yard Medley Relay  
8      15 & Over 200 Yard Medley Relay  
9      8 & Under 25 Yard Freestyle  
10    9-10 100 Yard Freestyle  
11    11-12 100 Yard Freestyle  
12    13-14 100 Yard Freestyle  
13    15 & Over 200 Yard Freestyle  
14    8 & Under 25 Yard Backstroke  
15    9-10 50 Yard Backstroke  
16    11-12 50 Yard Backstroke  
17    13-14 100 Yard Backstroke  
18    15 & Over 100 Yard Backstroke  
19    8 & Under 25 Yard Breaststroke  
20    9-10 50 Yard Breaststroke  
21    11-12 50 Yard Breaststroke  
22    13-14 100 Yard Breaststroke  
23    15 & Over 100 Yard Breaststroke  
24    8 & Under 25 Yard Butterfly  
25    9-10 50 Yard Butterfly  
26    11-12 50 Yard Butterfly  
27    13-14 100 Yard Butterfly  
28    15 & Over 100 Yard Butterfly  
29    8 & Under 50 Yard Freestyle  
30    9-10 50 Yard Freestyle  
31    11-12 50 Yard Freestyle  
32    13-14 50 Yard Freestyle  
33    15 & Over 100 Yard Freestyle  
34    9-10 100 Yard IM  
35    11-12 100 Yard IM  
36    13-14 200 Yard IM  
37    15 & Over 200 Yard IM  
38    8 & Under 100 Yard Freestyle Relay  
39    9-10 200 Yard Freestyle Relay  
40    11-12 200 Yard Freestyle Relay  
41    13-14 200 Yard Freestyle Relay  
42    15 & Over 200 Yard Freestyle Relay

**Scoring**

Although many SAL events will have more than one heat, only the first heat is able to score. Most young swimmers do not know this and the second and third heats are still important because every swimmer is trying to improve his or her time.

At SAL dual meets there are usually 3 swimmers from each team in the first (or scoring) heat. Sometimes swimmers are placed in a higher age group to fill the lanes if there are not enough swimmers in that particular age group. It is called “swimming up”. This will sometimes occur in a relay as well.

SAL invitational meets and USA meets do not always use scoring or may score differently.

**Individual Events**

First place = 6 points  
Second place = 4 points  
Third place = 3 points  
Fourth place = 2 points  
Fifth place = 1 point

**Relays**

First place = 8 points  
Second place = 4 points  
Third place = 3 points  
Fourth place = 2 points  
Fifth place = 1 point

The same team cannot “sweep” an event in a relay. ( win first, second, and third place)