**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)