



Swim Meet Cheat Sheet

How to Prepare for Waves Summer Swim Team Meets!

Before the Meet:

- Register your swimmer for the meet before the deadline!
- It is also strongly recommended that all swimmers purchase Sporti Floating Fins at swimoutlet.com.
- Practice! Swimmers must attend 3 out of the 4 weekly practices to participate in that week's meet. Per SSSL rules, swimmers must participate in 3 out of the 6 meets to be eligible for Championships.
- Volunteer! We couldn't do this without our invaluable parent volunteers! Please sign up to volunteer by emailing Coach Tim: tanderson@weymouthclub.com. Please volunteer!
- Check your email! We will send out meet information weekly!
 - Please print your own heat sheet and bring to the meets.
 - Write your swimmer's events on their arm or hand before arriving at the pool. (With a Sharpie) This is to help the coordinators and Coach's line up the swimmers. Please include the following:

Event#	Event Name	Heat	Lane
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At the meet:

- Arrive early or on time for warm up!
- Please pack a water/Gatorade and a healthy snack. Swimmers get hungry!
- Introduce yourself and your child to their Age Group Coordinator.
- **Age Group Coordinators:** Please check in with the Coach's when you arrive; please bring a black sharpie and a heat sheet with you as well. Pick a spot for your swimmers to meet before their races so they have plenty of time to line up!
- It gets crowded behind the blocks! Please only Coaches, Timers and Volunteers behind the blocks.
- Have Fun!

Order of Events

1. 8&U Boys 100 Medley Relay
2. 8&U Girls 100 Medley Relay

3. 10&U Boys 100 Medley Relay
4. 10&U Girls 100 Medley Relay
5. 12&U Boys 100 Medley Relay

6. 12&U Girls 100 Medley Relay
7. 17&U Boys 200 Medley Relay
8. 17&U Girls 200 Medley Relay
9. 10&U Boys 50 Freestyle
10. 10&U Girls 50 Freestyle
11. 12&U Boys 100 IM
12. 12&U Girls 100 IM
13. 14&U Boys 100 IM
14. 14&U Girls 100 IM
15. 17&U Boys 100 IM
16. 17&U Girls 100 IM
17. 8&U Boys 25 Free
18. 8&U Girls 25 Free
19. 10&U Boys 25 Free
20. 10&U Girls 25 Free
21. 12&U Boys 50 Free
22. 12&U Girls 50 Free
23. 14&U Boys 50 Free
24. 14&U Girls 50 Free
25. 17&U Boys 50 Free
26. 17&U Girls 50 Free
27. 8&U Boys 25 Fly
28. 8&U Girls 25 Fly
29. 1 O&U Boys 25 Fly
30. 1 O&U Girls 25 Fly
31. 12&U Boys 25 Fly
32. 12&U Girls 25 Fly
33. 14&U Boys 50 Fly
34. 14&U Girls 50 Fly
35. 17 &U Boys 50 Fly
36. 17&U Girls 50 Fly
37. 8&U Boys 25 Breast
38. 8&U Girls 25 Breast
39. 10&U Boys 25 Breast
40. 10&U Girls 25 Breast
41. 12&U Boys 50 Breast
42. 12&U Girls 50 Breast
43. 14&U Boys 50 Breast
44. 14&U Girls 50 Breast
45. 17 &U Boys 50 Breast
46. 17&U Girls 50 Breast
47. 8&U Boys 25 Back
48. 8&U Girls 25 Back
49. 10&U Boys 25 Back
50. 10&U Girls 25 Back
51. 12&U Boys 50 Back
52. 12&U Girls 50 Back
53. 14&U Boys 50 Back
54. 14&U Girls 50 Back
55. 17 &U Boys 50 Back
56. 17&U Girls 50 Back
57. 8&U Boys 100 Free Relay
58. 8&U Girls 100 Free Relay
59. 10&U Boys 100 Free Relay
60. 10&U Girls 100 Free Relay
61. 12&U Boys 100 Free Relay
62. 12&U Girls 100 Free Relay
63. 17&U Boys 200 Free Relay
64. 17&U Girls 200 Free Relay

Medley Relay Stroke Order:

1. Backstroke
2. Breaststroke
3. Butterfly
4. Freestyle