

# FRANKLIN PARK STINGRAYS

## **2019 Parent Handbook**

Franklin Park Stingrays  
PO Box 1168  
Purcellville VA 20134  
[www.franklinparkstingrays.com](http://www.franklinparkstingrays.com)

Welcome Stingray Families,

The Franklin Park Stingrays would like to welcome all of our new and returning families to the 2019 ODSL Summer Swim Season. In this handbook you will find information that will hopefully be helpful throughout the swim season.

Swimming is a great activity for children of all ages and a fun team sport. We hope our swimmers set and pursue personal goals as well as gain the enthusiasm that comes with being part of a team.

Some of the aspects the team wants to promote are good sportsmanship, teamwork, a love of swimming, healthy competition and personal satisfaction.

Part of what makes our team a successful one is the help and encouragement from our parents. We hope you will encourage your swimmer to feel good about their personal achievements and know that you, as a volunteer, play an essential role for our team to be successful.

We are looking forward to a great season filled with hard work and just as much fun.

**GO STINGRAYS!!  
SWIM FAST**

The Franklin Park Stingrays Team is an active member of the Old Dominion Swim League (ODSL). The ODSL was formed in 2004 as a developmentally competitive swim league. The objectives of the League are to develop a love for the sport, advance aquatic skills, teamwork, and the principles of good sportsmanship among the children and all adults participating in this program.

The Stingrays goal is to provide young swimmers with positive experiences through competitive swimming building memories that will last a lifetime.

We hope during this season our swimmers will master skills, achieve physical fitness and gain self-confidence. We want them to gain an understanding of sportsmanship, discipline and commitment. Our swimmers will understand that success results from hard work and goal setting and they will learn the value of being part of a team.

Another goal is to make swimming an important and enjoyable part of our swimmers' lives. We can reach this goal with the active support and participation of parents.

What we will do for our swimmers:

- Develop proper stroke mechanics and competitive technique
- Teach and emphasize good sportsmanship
- Increase self esteem and motivation, encourage hard work, goal setting, and goal achievement
- Instill the values of dedication, commitment, and team loyalty
- Encourage swimmers to strive for their personal best
- Provide an environment for our swimmers to reach their maximum potential

Swimmers are assigned to groups based on age and gender. The groups are: 6 & under, 7-8, 9-10, 11-12, 13-14 and 15-18. Each of these groups has a boy and girl group within them and is based on the swimmers age as of June 15, 2019.

## 2019 Stingrays Board and Management Committee Members

Kathleen Voss	Team Manager	<a href="mailto:manager@franklinparkstingrays.com">manager@franklinparkstingrays.com</a>
Daniela Kerley	Treasurer	<a href="mailto:treasurer@franklinparkstingrays.com">treasurer@franklinparkstingrays.com</a>
Kathleen Voss	ODSL Representative	<a href="mailto:Katvoss1970@gmail.com">Katvoss1970@gmail.com</a>
Jim Vega	Computer Operator	<a href="mailto:jvkten@gmail.com">jvkten@gmail.com</a>
Eileen Curran	Technology Assistant	<a href="mailto:meileencurran@gmail.com">meileencurran@gmail.com</a>
Jennifer Tribino	Volunteer Co-Chair	<a href="mailto:jenniferkaylee@hotmail.com">jenniferkaylee@hotmail.com</a>
Jennie Hill	Volunteer Co-Chair	<a href="mailto:jennie.w.hill@gmail.com">jennie.w.hill@gmail.com</a>
Clare Smith	Secretary	<a href="mailto:smith20132@yahoo.com">smith20132@yahoo.com</a>
Russ Marsh	Clerk of Course	<a href="mailto:russ.marsh@gmail.com">russ.marsh@gmail.com</a>
Aaron Heffron	Clerk of Course	<a href="mailto:aaron.heffron@npd.com">aaron.heffron@npd.com</a>
Tanya Graser	Spirit/Social Co-Chair	<a href="mailto:tgraser09@yahoo.com">tgraser09@yahoo.com</a>
Kate Doherty	Spirit/Social Co-Chair	<a href="mailto:kmdoherty123@gmail.com">kmdoherty123@gmail.com</a>
Christine Bartlett	Member-At-Large	<a href="mailto:cl_collins@hotmail.com">cl_collins@hotmail.com</a>
Patrick McAndrews	Head Coach	<a href="mailto:pfmcanrews@fcps.edu">pfmcanrews@fcps.edu</a>
Xochi Hartley	Assistant Head Coach	<a href="mailto:xvtswimmer@yahoo.com">xvtswimmer@yahoo.com</a>
Evan Goodman	Assistant Coach	<a href="mailto:egoodman27@gmail.com">egoodman27@gmail.com</a>
Ben Piliere	Assistant Coach	<a href="mailto:bpiliero11@gmail.com">bpiliero11@gmail.com</a>

### COMMUNICATION

Following are different ways we communicate with the team:

1. E-mail and Newsletters are our main form of communicating with team members.
2. Website – [www.franklinparkstingrays.com](http://www.franklinparkstingrays.com) . Our website houses your account information, Event Sign-Up, Calendar and much more.
3. Clear File Boxes – these will be placed out on the counter during practices; each family will have a file folder according to their last name. Any paper, ribbons or medals will be placed here.
4. Facebook – “Franklin Park Stingrays”. This is a great place for swimsuit and equipment swaps and photos. This is a private, closed group.

If you have any questions, please contact us and we will get back as soon as possible. You can reach us through the “Contact Us” link on the home page of the website.

# INCLEMENT WEATHER

You will be provided with a Short Message Service (SMS) contact number and/or cell phone application to register for text alerts regarding cancelations or last minute changes to a practice or an event.

The information will also be sent out via e-mail as soon as we are able to do so. If you have access to a smart phone, the SMS is the fastest and most efficient way of knowing changes in the quickest time.

We practice and have meets in the rain. The primary reason for canceling is safety. That involves thunderstorms or weather so severe the lifeguards are not able to properly monitor the safety of swimmers. If it's safe, we swim – rain or shine!

# PRACTICE SCHEDULE

## Pre-season Evening Practice May 28th – June 7th

Pre-Season practices run from 7:00- 8:00 pm.

We will have lanes reserved for the swim team only, although the pool will be open to the public. *Any sibling or parent at the pool other than the swim team member will be charged for admission by Franklin Park.*

Each Age Group will practice 1 night per week until school ends and then we will start our regular schedule. This schedule is subject to change by the Coach's discretion.

<b>Date</b>	<b>Age Group</b>
Tuesday, May 28 <sup>th</sup>	13-18
Wednesday, May 29 <sup>th</sup>	11-12
Thursday, May 30 <sup>st</sup>	9-10
Friday, May 31 <sup>st</sup>	8&Under
Monday, June 3 <sup>th</sup>	13-18
Tuesday, June 4 <sup>th</sup>	11-12
Wednesday, June 5 <sup>th</sup>	9-10
Thursday, June 6 <sup>th</sup>	7-8
Friday, June 7 <sup>th</sup>	6&Under

# Regular Season Practice Schedule

## Regular Season Schedule June 10<sup>th</sup> – July 19<sup>th</sup>

*All-Star Week (7/22 – 7/26) for only those who have qualified to swim All-Stars.*

**Morning:** Mondays, Tuesdays, Wednesdays, Fridays  
(no Thursday morning practice after Wednesday night meets)

6:30 - 7:30 am Pool	13-14, 15-18
7:30 - 8:00 am Dryland*	13-14, 15-18
7:30 - 8:15 am	9-10, 11-12
8:15 - 9:00 am	7-8, 6 & under

*\*Dryland:* bring sneakers and appropriate supportive undergarments. Dryland will include running and calisthenics.

Swimmers are expected to attend at least 2 practices per week. Coach has authority on who swims at meets. If you routinely miss practice, don't expect to swim in upcoming meets. If there are extenuating circumstances, discuss your availability with the Coach for consideration.

**Evening Clinics:** The Stingrays hold evening clinics throughout the regular swim season on *Monday, Tuesday and Thursday evenings from 7pm-8pm*. The scope of the clinics will be determined by the coaching staff. As coaches have an opportunity to see skills of swimmers and areas that need further attention, a plan will be developed. Please see Coach Pat's weekly email (typically sent out Sunday evenings) to see the plan for the week.

# 2019 ODSL SEASON SCHEDULE

Saturday	June 15	Time Trials	Home
Wednesday	June 19	Exeter	Away
Saturday	June 22	Ida Lee	Home
Wednesday	June 26	Broadlands	Away
Saturday	June 29	Brambleton	Away
Wednesday	July 3	NO MEET SCHEDULED	
Saturday	July 6	Lansdowne	Home
Wednesday	July 10	Red Rocks	Away
Saturday	July 13	Belmont CC	Home
Wednesday	July 17	Rain Date	
Saturday	July 20	Divisionals	Away
Saturday	July 27	All Stars	Away

# PRACTICE GUIDELINES

- Swimmers will need the following items for practice:
  - a. Goggles
  - b. Silicone swim cap for girls and boys whose hair goes over their ears
  - c. Towel
  - d. Swim fins
- Swimmers are expected to attend at least 2 practices per week to be eligible to swim in the meets.
- Arrive 5-10 minutes early.
- During morning practice parents are welcome but must remain in the grassy pavilion area to the side of the lap lane area of the pool. Parents may enter the pool area during morning practices for no fee since the pool is closed to the general public. However, this is for spectator purposes only. PLEASE stay in the spectator designated area as described above. Parents are asked not to interrupt the coaches during practices.
- Swimmers who need to swim at another swim practice time due to a schedule conflict may be permitted to do so IF it is cleared by the coach in advance.

## **Evening swim time:**

\*The Stingrays rent three lanes at Franklin Park several evenings a week from 7pm to 8pm. This pool time is often used for stroke development and must be limited as to the number of swimmers each evening since the pool has limited occupancy and is still open to the general public.

\*When one of your swimmers is invited (for stroke development or an age appropriate event), then your swimmer's fee is covered as part of the rental fee paid by the team. Additional family members who wish to be at the pool at the same time must pay the entrance fee. Again, this is because of occupancy limitations since the pool is open to the general public pursuant to the evening price structure of the Franklin Park Pool.

# SWIM MEET INFORMATION

## **How to sign up for meets:**

Swimmers and volunteers must register online for each meet. An email will be sent announcing a new meet. Please do not reply to this email! Go to the website and follow the instructions to select YES or NO for each swimmer to attend the meet.

### The steps if you **ARE GOING:**

1. Sign in on the website and click on the Events Tab
2. Find the meet date you are looking for
3. Click on "Attend/Decline" under the Swim Meet Name
4. Click on the Swimmer's name
5. Click on THE WORD "SELECT" to the right of \*Declaration Signup record pull-down and select Yes
6. Pick the individual events the swimmer would prefer to swim. You may only pick 3 events (for Time Trials only you may swim all 5 events.)
7. Click Save Changes button at the bottom right of the page

Events chosen are not definite, just an indication of the swimmer's preference. Coach will enter each swimmer into the events she feels is the best choice after considering your swimmers preferences, her observations of ability and what's best for the team in general.

**Relay teams are solely determined by the coaches; swimmers do not sign up for these online.**

### The steps if you **ARE NOT GOING:**

1. Sign in on the website and go to the Events Tab.
2. Find the meet date you are looking for
3. Click on "Attend/Decline" under the Swim Meet Name
4. Click on the Swimmer's name and select NO to the right of Declaration Signup record pull-down
5. Click Save Changes on the bottom of the page

\*If it is prior to the meet registration deadline and you need to make changes to your swimmers events/meet attendance:

1. Sign in on the website and go to the Events Tab.
2. Find the meet date you are looking for
3. Click on “Edit Commitment” (pink box) under the Swim Meet Name
4. Click on the Swimmer’s name and make necessary changes
5. Click on “Save Changes” button at the bottom right of the page

\*If your swimmer is already signed up for the meet, and you have an emergency (illness, etc.), notify the team using the link on the homepage **“Emergency Notification of Swim Meet Absence.”** This prevents your swimmer from being a no-show and helps us run the meet more efficiently.

The deadline to sign up for *Saturday* meets is the *Tuesday* before the meet.  
The deadline to sign up for *Wednesday* meets is the *Friday* before the meet.

Please take note of the start times for each meet as they vary depending on the host pool of each meet.

# DAY OF THE MEET

Swimmers must arrive 1 hour prior to the meet start time for check in and warm ups. When swimmers arrive they MUST go to the team area and check in with their age group Rounder or you may be scratched from the meet.

Volunteers MUST check in with the volunteer coordinator immediately upon arrival. Volunteers must arrive on-time or their volunteer position may be assigned to another and you will not be credited for volunteering that day.

Swimmers MUST stay in the team area with their age group. It helps the Rounders locate swimmers for events.

Swimmers MUST stay until the end of the swim meet. This is a team sport as well as an individual one and we are here to support all of the swimmers. Relays happen at the end of each meet and it is vital that ALL swimmers remain at the meet. If a relay swimmer leaves, it not only affects them, it affects the other 3 members on the relay team.

If a swimmer must leave early, they need to notify their rounder and the Head Clerk of Course as soon as possible prior to leaving.

Swimmers who do not “show” for swim meets (unless an illness or emergency occurs) WILL NOT swim in the following meet (Saturday or Wednesday).

At the end of the meet everyone is expected to pitch in, help clean up and re-organize the pool area. This goes very quickly when we have plenty of help.

The meet will run approximately four hours from set up to clean up. Please make sure you pack a cooler with water and food for your family. Some pools will have concessions available. Franklin Park will open the pool concession during home meets with light snacks, coffee, tea and drinks.

## **SWIM-UPS (Coach's decision)**

Swimmers may compete only in their own age group and up to one higher age group for individual events and two higher age groups for relays.

Swim-ups are allowed, but only when no other swimmers are eligible to fill that particular race. There will be no swim-ups allowed in the end-of-season meets.

## **END OF SEASON MEETS**

There are two end-of-the-season meets, Divisionals and All Stars.

**Divisionals:** Swimmers must swim in at least two season meets to qualify for Divisionals.

### **All Stars:**

- Due to the overwhelming size of past All Star meets and a limited number of pools who are able to host it, ODSL has decided to limit the number of swimmers eligible to attend All Stars. On July 13<sup>th</sup> they will be looking at the top 18 times in all events/all age groups. There will be 3 heats of each event at All Stars
- If a swimmer only qualifies for one event for All-Stars, the swimmer may choose to go to All-Stars in the qualified event **and** go to the Divisional Meet in any other event except the one qualified for in All-Stars.
- If the swimmer chooses to swim at the Divisional Meet, the swimmer MAY NOT swim the event he/she qualified for in All-Stars.
- If a swimmer is going to All Stars for two or more events, they cannot swim in the Divisional Meet
- NO Swimmer will be able to qualify for All Stars at the Divisional Meet

## **ILLNESS OR INJURY**

Whenever possible, the coach should be informed in advance of an illness or injury. Regardless of how serious or trivial it may be. If your swimmer will be out of the water over a long period of time with an injury or illness, please inform us as soon as possible.

# VOLUNTEER INFORMATION

Volunteers are vital to our team and running of the meets. It takes over 40 Stingray volunteers to run a home meet and about 35 Stingray volunteers to run an away meet.

It can be very overwhelming especially if you are new to the sport of swimming. We guarantee that there will always be someone to help you out if you are unsure of what to do. Please ask questions if needed and, as they say, no question is a dumb question.

- Each family is required to volunteer for four meets (16 hours) during the season. If volunteer requirements are not met, the family WILL NOT be eligible to return to the Stingrays for the following season. Volunteer hours are tracked.
- Sign up volunteer positions will be on the website. When you sign up your child for the meet, sign up to volunteer. Volunteer signup will be available the week before each meet. (Please volunteer throughout the season and not just rush to complete your minimum in the first few events. We need volunteers for the last events as much as we need volunteers for the earlier events of the season.)
- Job descriptions are on the website under the volunteer tab with a link to the descriptions
- If you do sign up and are not able to fulfill your commitment at the meet, make sure you remove yourself on the website so someone else can fill your spot. If this is after the cut off date, please notify a board member by email. Those hours will then be credited to the actual volunteer. You will need to sign-up for another event to continue fulfilling your family requirement.
- Please don't be afraid to sign up for something if you haven't done it before. There will always be someone there to help you out!

- Rounders will have the swim schedule for their swimmers and are responsible for getting their swimmers to the Clerk of Course in a timely manner.
- Timers will time for the entire meet, you will be able to take bathroom breaks as there will be relief timers available. If you are a relief timer, this does not count for your four meets unless you work the meet.

**If you sign up and are NOT able to be at the meet, please notify the Volunteer Coordinators by email ASAP.**

How to sign up for volunteer positions for meets:

1. Log into the website, click on events
2. Find the date of the event
3. Click on “job sign-up” under the date
4. Find job you want
5. Click on small white box (check will appear)
6. Click on “sign-up” at the bottom of the page
7. Confirm sign-up

**Volunteers must check in with the volunteer coordinator immediately upon arrival at the meet. If you are not there on time, the team must assume that there is a last minute emergency which is keeping you from the meet. In this case, the coordinator must quickly find a replacement for that position as every position is required to run a smooth meet. If your position has been re-assigned to another because you are tardy, you will have to find another opportunity to fulfill your volunteer hours. The person filling the job for that meet will be credited with the hours worked.**

# VOLUNTEER POSITIONS

## **Head Timer (Coordinator) 1 needed**

Coordinates lane timers for each meet. Assigns lanes and teaches volunteers how to use plungers and stopwatches. (Home and Away) Times each race in view of lane timers if lane timer missed start of race. (Home meets only)

## **Lane Timer 12 needed**

Work as timer in assigned lane for the duration of the meet. Great way to see swimmers race!

## **Ribbon Writer 1 needed**

Work during entire meet at ribbon writing table, placing stickers on ribbons at conclusion of each event. A sit down job!

## **Heat Winner Ribbon Presenter 1 needed**

Presenter stands with timers and watches each heat. Responsible for presenting ribbon to fastest swimmer in that heat. Great view of the swimmers!

## **Starter/Announcer 1 needed (certification required)**

The officials in charge of signaling the beginning of a race and ensuring that all swimmers start legally. Coordinates with Head Timer and Clerk of Course. Makes all announcements at swim meet.

## **Head Clerk of Course 1 needed**

A critical official who coordinates with the coaches and swimmers to line up each swimmer by event and lane according to the line meet sheet.

## **Clerk of Course Runner 3 needed**

Assist Head Clerk of Course in lining up swimmers by event and lane according to the line meet sheet. Lots of direction will be given. Need 4 people to line up swimmers and one runner to bring heat changes to the computer table (home meets). Need 2 people to assist for away meets. A great way to interact with the swimmers!

**Rounder 12 needed**

Each rounder is assigned an age group of boys or girls. At each meet, rounders must pick up event sheet for their age group, gather their group of swimmers, and lead them to the Clerk of Course in time for their event. Lots of interaction with the Swimmers!!

**Runner 1 needed**

One runner needed to bring changes from the computer table to the timers.

**Stroke and Turn Judge 2 needed (certification needed)**

One of four officials positioned on each side of the pool that walks the length of the course as the swimmers race in each heat. If the official sees something illegal in a swimmer's stroke or turn, the official records the observation on a Disqualification (DQ) card. Judge must attend a clinic to perform this job.

# THE WEBSITE

## **Signing onto the website:**

- Your user name is your email address.
- For new families - a password was provided for verifying your e-mail address. You may customize your password in your account settings.
- If you forget or lose your password, contact us and we will get the information to you.

## **Once you have signed in:**

- You may update any of your personal information such as address and phone numbers.
- Anything with a red asterick (\*) must be updated by an administrator. You will not be able to update those items yourself. Please provide updated information to the team via the Contact Us link.
- You can track your swimmers times by clicking on "My Meet Results" on the left hand side.

# FACEBOOK PAGE

We do have a closed Facebook page where information and photos are often shared. This is also where suit and gear sales and exchanges occur. This is a fun, social site and not participation is not mandatory.

"Franklin Park Stingrays"

## **SWIMMER'S CODE OF CONDUCT**

1. Obey promptly all instructions from the coaching staff and officials on duty at meets or practices. Good behavior is expected of all swimmers to ensure all swimmers receive adequate instruction.
2. Ask permission from the Coach and/or Swim Team Personnel before leaving the poolside for any reason.
3. Always display good sportsmanship.
4. Respect your teammates: work equally hard for yourself and your team. Encourage your teammates, (peer-support) and applaud all good efforts, regardless of winning or losing races.
5. Respect competitors from other teams: treat all swimmers, as you would like to be treated yourself.
6. Behave in a responsible and orderly manner in the shower area, on deck and all areas of the pool.
7. You should only enter the designated swim area of the pool during practices and meets. All other swimming areas inside the pool facility are prohibited during practices or meets.
8. Clean up your trash and food before exiting the pool both at home and away meets.
9. No swimmer shall participate in the pushing or shoving individuals into the pool.
10. Swimmers shall maintain orderly conduct within the team area during meets. No running, pushing or shoving shall be permitted.

# PARENTS' RESPONSIBILITIES

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches.

1. Parents are an integral component of the team. Indeed, the team could not survive without parental involvement. Parents are encouraged to participate in team activities and functions. They should support and ensure that their child abides by the Swimmer's Code of Conduct.
2. Parent Volunteers: Every family must commit to help in the running of at least four meets (16 hours). This is NOT optional!
3. Parents should behave in a safe, polite and responsible manner whenever they are representing the team, whether at practice, a meet or traveling to or from a meet.
4. Parents should not use abusive language or act in an aggressive manner at any time.
5. Parents wishing to discuss swimming matters with their child's coach should do so at a mutually agreed time. Please do not interrupt the Coach during practices or during meets.
6. Parents can contact the Team with any questions or concerns about team functions and operations.

# GLOSSARY

In swimming we sometimes have a language that is unique to us. Here are some common “swim slang” terms you might hear along the way.

**All-Star Meet** - One of two meets held at the end of a season. Qualification times are necessary to enter meet.

**Anchor** - The final swimmer in a relay.

**Backstroke (Back)** - One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swimming as the first stroke in the Medley Relay and second stroke in the I.M.

**Beep** - The starting sound from an electronic, computerized timing system.

**Breaststroke (Breast)** - One of the 4 competitive racing strokes. Breaststroke is swum as the second stroke in the Medley Relay and the third stroke in the I.M.

**Butterfly (Fly)** - One of the 4 competitive racing strokes. Butterfly is swum as the third stroke in the Medley Relay and first stroke in the I.M.

**Clerk of the Course** - Line up the swimmers so that they are ready to swim in the correct heat and lane order

**Course Designated distance** - (length of pool) for swimming competition. (i.e. Long Course = 50 meters / Short Course = 25 yards or 25 meters.)

**Deck** - The area around the swimming pool reserved for swimmers, officials, and coaches.

**Deck Seeding** - Placing a swimmer into an event on the pool deck at the meet.

**Disqualified (DQ)** - A swimmer's performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.

**Divisional Meet** - One of two meets held at the end of the season. There are no qualifying times.

**Dual Meet** - Type of meet where two teams compete against each other.

**Dropped Time** - When a swimmer goes faster than the previous performance, they have "dropped their time." Also known as "personal best."

**Event** - A race or stroke over a given distance.

**False Start** - When a swimmer leaves the deck before the horn, whistle or beep.

**Freestyle (Free)** - One of the four competitive racing strokes. Freestyle is swum as the fourth stroke in the Medley Relay and the I.M.

**Goggles** - Glasses type devices worn by swimmers to keep their eyes from being irritated by the chlorine in the water.

**Heats** - A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers' time swam, after all heats of the event are completed.

**Heat Winner Ribbon** - A ribbon or coupon given to the winner of a single heat at an age group swim meet.

**Illegal** - Doing something against the rules that is cause for disqualification.

**Individual Medley (IM)** - A swimming event using all four of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, and Freestyle. Equal distances must be swum of each stroke.

**Lane** - The specific area in which a swimmer is assigned to swim (i. e. Lane 1 or Lane 2.)

**Lane Lines** - Continuous floating markers attached to a cable, stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers.

**Lap** - One length of the course.

**Meet** - A series of events held in one program.

**Meters/Yards** - The measurement of the length of a swimming pool.

**Long course** - One lap equals 50 meters/yards

**Officials** - The certified, adult volunteers, who operate the many facets of a swim competition.

**Official Time (OT)** - The swimmers event time recorded to one hundredth of a second (0.01).

**Referee** - The head official at a swim meet in charge of the meet

**Relays** - A swimming event in which four swimmers participate as a relay team each swimmer swimming an equal distance of the race. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. 2.) Freestyle relay - Each swimmer swims freestyle.

**Seed** - Assign the swimmers heats and lanes according to their submitted or preliminary times.

**Short course** - One lap equals 25 meters/yards

**Team Records** - The statistics a team keeps, listing the fastest swimmer in the club's history for each age group/each event.

# Regular Season Meet Events

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