**Strokes**

There are 4 strokes different strokes that are used in competition: breaststroke, backstroke, butterfly, and freestyle. Freestyle actually means that a swimmer may swim whatever stroke they wish. However because front crawl is the fastest stroke, “freestyle” usually means swimmers will swim the crawl.

A Medley Relay is an event in which a different swimmer swims each of the four strokes in the following order: backstroke, breaststroke, butterfly, and freestyle.

A Freestyle Relay, usually referred to as the “free relay”, is made up of four swimmers who swim equal portions using freestyle.

An Individual Medley (IM) refers to one swimmer who swims equal portions of butterfly, backstroke, breaststroke, and freestyle.