

STAR Meet Event Reminders

Freestyle Events—

- Things you can get DQd for: pulling on lane lines, pushing off bottom, not touching the wall on a turn
- Stay on your stomach, continuous kicking
- **DO YOUR FLIP TURNS!!!**
- Stretch for the wall at the finish and use a fingertip touch.

Backstroke Events—

- You must **BE ON YOUR BACK AT ALL TIMES**. Touch the walls **ON YOUR BACK**, then turn and push off **ON YOUR BACK**
- If you know the back turn **DO IT!!!**
 - >Know your count from flags to turn and flags to finish touch
 - >Once you start turning over for your turn you can take only **ONE STROKE**
 - >You **MUST** be flipping by the finish of the arm stroke
 - >You **MUST** come off the wall on your back
- Touch at the finish **UNDER WATER**

Breaststroke Events—

- You must touch every wall with **TWO HANDS AT THE SAME TIME** No flip turns on breaststroke!!!
- If you know pullouts—do them!!! Remember:
 - >Push off the wall/dive into streamline—no flutter kick!!
 - >Glide 2 counts then breast pull close to body with a push to hips
 - >Glide 2 counts in that position
 - >Recover arms close to body and kick at the same time into streamline
 - >Glide to surface then begin swimming
- Stretch for the wall and fingertip touch at the finish

Butterfly Events—

- You must touch every wall with **TWO HANDS AT THE SAME TIME** No flip turns on butterfly!!!
- Dive into streamline, keep feet and arms **TOGETHER**—no flutter kick!!
- Arms must recover **OVER** the water, and together.
- Keep thumbs down, fingertips close to surface of water
- Reach in front, push to hips each arm stroke.
- Breathe no more than every other stroke
- Feet must be **TOGETHER** when kicking—keep ankles together
- Stretch for wall and fingertip touch at finish

Individual Medley (IM) Event—

- Know what **DISTANCE** you are doing and how many lengths of each stroke
- The order is Butterfly, Backstroke, Breaststroke, Freestyle
- **REMEMBER TWO HAND TOUCHES** on fly/breast
- **NO FLIP TURNS IN AN I.M. !!!!!!!!**
- Power home on the free and stretch for a fingertip touch at the finish.