

Winter Dual Meet Overview

For those of you who are new to Winter swimming, here is a quick overview of how dual meets are run. All dual meets follow the guidelines listed below.

AGE GROUPS

Swimmers compete in age groups determined by their age on November 1. The age groups are called "classes":

AGE	CLASS
8 and under	E
9 and 10	D
11 and 12	C
13 and 14	B
15 to 18	A

DUAL MEET ORDER OF EVENTS

EVENT	DESCRIPTION
Butterfly	25 yards for 10 & under, 50 yards for 11-18yrs
Freestyle	25 yards for 10 & under, 50 yards for 11-18yrs
Breaststroke	25 yards for 10 & under, 50 yards for 11-18yrs
Backstroke	25 yards for 10 & under, 50 yards for 11-18yrs
Free Relay	Four swimmers, each complete $\frac{1}{4}$ of the prescribed distance in freestyle. The Class 10 & under free relay is 100 yards; Classes 11-18 yrs. free relay is 200 yards. 8 & under is a coed relay and may not be all boys or girls.
IM	Individual Medley – The swimmer will perform one length each of butterfly, backstroke, breaststroke, & freestyle for a total of 100 yards. Only 10 & older will swim the IM.

Within each stroke category, the events are run in order of youngest (Class E) to oldest (Class A), alternating girls and boys.

EVENTS PER SWIMMER

At a dual meet, swimmers will compete in all individual events "officially". The coach will determine which swimmers will participate in the relay events.

"Official" means that the swimmer is eligible to score points (unofficial swimmers cannot score). In the winter league it is rare to have an unofficial swimmer or relay team.

SCORING/RESULTS

At all dual meets, the scoring is the same. Individual events are scored from first to fifth place and earn points: 6, 4, 3, 2, 1. Relays earn points for first, second, & third place only (8-4-2).

- If one team "sweeps" a relay event (that is, that team's swimmers place first, second and third), the third-place points are awarded to the other team if one completed and was not disqualified.

A MEET IS NOT OVER UNTIL....

The last swimmer has finished, we have done our cheer for the opposing team, and have cleaned up the area in which our swimmers were sitting. Walpole swimmers are required to stay until the end of every meet. Once a swimmer has finished his/her events, he/she can (after checking with us) get dressed, but then must return to the pool deck.

Participation is critical for a successful program we need to fill all events and relays to be competitive. At the end of the season, awards will be given to all members.