

## Swim Meet Procedure

**Dual Meets** This is a learning experience, please have your swimmer sign up for all events in his/her age group. For each meet you must fill out a **3 x 5 index card** for each event and bring that with you the day of the meet in an envelope with your name on it. Follow the example provided here:

Name: <b>Carlie Cavanaugh</b> Team: Walpole  <div style="text-align: center; margin-top: 20px;">           Heat: _____             Lane: _____         </div>	Event: <b>1</b>
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Event	Girls	Age	Stroke	Yards	Boys	Event
1	girls	8&U	fly	25	boys	2
3	girls	9-10	fly	25	boys	4
5	girls	11-12	fly	50	boys	6
7	girls	13-14	fly	50	boys	8
9	girls	15-18	fly	50	boys	10
11	girls	8&U	crawl	25	boys	12
13	girls	9-10	crawl	25	boys	14
15	girls	11-12	crawl	50	boys	16
17	girls	13-14	crawl	50	boys	18
19	girls	15-18	crawl	50	boys	20
21	girls	8&U	breast	25	boys	22
23	girls	9-10	breast	25	boys	24
25	girls	11-12	breast	50	boys	26
27	girls	13-14	breast	50	boys	28
29	girls	15-18	breast	50	boys	30
31	girls	8&U	back	25	boys	32
33	girls	9-10	back	25	boys	34
35	girls	11-12	back	50	boys	36
37	girls	13-14	back	50	boys	38
39	girls	15-18	back	50	boys	40