

## Swimming and Diving Order of Events

Girls Always Swim First By Event

Boys Go Last

- 1) RELAY 200 Yard Medley 4 X 50 O-A-RELAY! Points 8-4-2  
Back / Breast / Fly / Free Girls, then Boys
- 2) 200 Free Points: 6-4-3-2-1-0
- 3) 200 Individual Medley 4 X 50 Points: 6-4-3-2-1-0  
Fly / Back / Breast / Free Girls, then Boys etc.
- 4) 50 Free Points: 6-4-3-2-1-0
- 5) Dive-Dive-Dive ( No Dive? 5 minute break )
- 6) 100 Fly Points: 6-4-3-2-1-0
- 7) 100 Free Points: 6-4-3-2-1-0
- 8) 500 Yard Free Points: 6-4-3-2-1-0  
( these take 20 minutes, so if you don't swim – you get a break )
- 9) RELAY 200 Free 4 X 50 O-A-RELAY! Points 8-4-2
- 10) 100 Back Points: 6-4-3-2-1-0
- 11) 100 Breast Points: 6-4-3-2-1-0
- 12) RELAY 400 Free 4 X 100 O-A-RELAY! Points 8-4-2

In the individual events, the winner gets 6 points; 2<sup>nd</sup> place 4; 3<sup>rd</sup> place 3; 4<sup>th</sup> place 2; 5<sup>th</sup> place 1; 6<sup>th</sup> place 0. If One (1) of our swimmers in every individual race finished ahead of One (1) swimmer from the other team it would turn a 96 -81 loss into a 89 – 88 win! We prefer the whole winning part...

In the Relay Events (#1 - #9 - and #12) the first place TEAM gets 8 points; 2<sup>nd</sup> 4points; and 3<sup>rd</sup> 2 points. 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> get 0. So, coming in 3<sup>rd</sup> in stead of 4<sup>th</sup> in each Relay would turn a 94-84 loss into a 90-88 Win!

Swimming, like track, is a sport where your performance is completely under your control. It doesn't matter how good your friends/classmates/coaches/family/or you think you are: If you swim faster than the other swimmers: you are faster!! You can swim to get in shape; to win; to improve your personal bests; to help your teammates ; or all of the above....just let us know your goals and motivation so we can help you achieve.