**A Parent’s Quick Reference Guide to Swimming**

**Order of Events (Girls swim each event first)**

Events #1 and #2: 200-yard medley relay

Events #3 and #4: 200-yard freestyle

Events #5 and #6: 200-yard individual medley

Events #7 and #8: 50-yard freestyle

Break – Sometimes used for diving when the same pool space is needed. Diving is usually done simultaneously with swimming at Northeast pool although it sometimes starts a bit earlier. Be sure to take time to watch and cheer for divers too.

Events #9 and #10: 100-yard butterfly

Events #11 and #12: 100-yard freestyle

Events #13 and #14: 500-yard freestyle

Events #15 and #16: 200-yard freestyle relay

Events #17 and #18: 100-yard backstroke

Events #19 and #20: 100-yard breaststroke

Events #21 and #22: 400-yard freestyle relay

**Event Scoring for Swimming and Diving Dual Meets \***

A competitor can enter a maximum of four (4) events, no more than two (2) of which may be individual events.

-Relays are scored: 8-4-2-0 with only two relay teams being allowed to score for each team.

-Individual events, including diving, are scored: 6-4-3-2-1-0

-In some meets we will have Exhibition heats. These heats give swimmers meet experience and allow them to get their times in competition but results are not included in team scores.

\*Scoring is different for championship meets and multi-team meets like City. We will send this information out before the meets.

**Description of Events (from Roxbury High School site)**

**FREESTYLE**

In freestyle events, the competitor may swim any stroke, but the fastest is what is often called the crawl, which is characterized by the alternate stroking of the arms over the water surface and an alternating (up-and-down) flutter kick. On turns and finishes, some part of the swimmer must touch the wall. Most swimmers do a flip turn.

**BACKSTROKE**

Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may turn onto the stomach and do a flip turn (they cannot glide into the wall and then turn). Some part of the swimmer must touch the wall at the turn. The swimmer must finish on the back.

**BREASTSTROKE**

The breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast. In the return of the arms, the hand cannot go part the waist. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously. One of the hardest parts of the breaststroke is the start. After the dive, while still underwater, the swimmer can (but doesn’t have to) do one arm pull where the hands can go past the waist, one dolphin kick, and then another arm pull-with a breaststroke kick - to bring them to the surface.

**BUTTERFLY**

Some consider the butterfly to be the most beautiful of the strokes. It features a simultaneous movement of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissor or breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

**INDIVIDUAL MEDLEY (I.M.)**

The individual medley, commonly referred to as the I.M., features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one fourth of the race to backstroke, then breaststroke and finally freestyle. The rules of each stroke apply to that leg of the IM.

**MEDLEY RELAY**

In the medley relay, all four strokes are swum. The first swimmer swims backstroke, the second breaststroke, the third butterfly, and the final swimmer anchors the relay with freestyle.

**FREESTYLE RELAY**

The freestyle relay events consist of four swimmers, each swimming one quarter of the total distance of the event.