

S T O N E G A T E



2010

PARENT
SURVIVAL
GUIDE

Dear Stonegate Stingrays,

On behalf of the coaching staff I would like to formally welcome you to the 2010 swim season for the Stonegate Stingrays! After an amazing finish last year at the Rocky Mountain Swim League Championship, I see so much potential in the team for this season. We have many returning families. I'm so pleased that you come back summer after summer and swim with us! It is always been important to me to build relationships with the families in our neighborhood and I could not ask for better people to be a part of this team! For all of the new families, I am thrilled that you have decided to join us this year. I look forward to getting to know everyone and having a great time at the pool.

I suppose I should tell you a little about myself, and I will also introduce my assistant coaches. My name is Taylor Kannawin and I will be the head coach for the 2010 season. This is my seventh year coaching for the Stingrays, and my third year as head coach. I have a very long history with this team and I attribute Stonegate for being the start of my swimming career. My family moved to Stonegate in 1991 and I started swimming for the Stingrays when I was six. I have continued swimming for the last 16 years. I graduated from Regis Jesuit High School in 2006 where I swam varsity for four years. I swam for the Colorado STARS for 10 years. This spring I graduated from the College of Saint Benedict in Saint Joseph, Minnesota, where I majored in psychology. I was a collegiate swimmer for four years, and have finally retired from competitive swimming. As you can tell, swimming has been a large part of my life. Apparently I am addicted to chlorine! One of the biggest highlights for me each year is getting to coach during the summer. I still have many vivid memories of this team when I was younger, and I know that my coaches had a huge impact in my life. I am glad to have the opportunity to share my passion for swimming with all of you in hopes of sparking a new interest in this sport. I love this team and I guarantee that your swimmers are going to make memories this summer that they will carry with them for the rest of their lives!

I would now like to introduce the coaching staff for the 2010 season. Katherine McGowan will be a junior at the University of Wyoming. She graduated from Chaparral High School, and has been swimming competitively since she was 8. This is Katherine's second season coaching with the Stingrays. Sean McNicol will graduate from Chaparral High School this spring. This will be his fourth season coaching. He spent several years swimming for STARS and Chaparral. Sam Kannawin is returning for her second year as a Stingray coach. She will be a senior at Regis Jesuit High School. She has been a Stingray since she was 5. She also swims for the Denver Swim Academy and is on the varsity team at Regis. Gannon Faul will be a junior at Regis Jesuit High School. After a summer as a junior coach he is excited to be an assistant coach for this season. He has been swimming for the Stingrays for many years and is also a varsity swimmer at Regis and the Denver Swim Academy. Bailey Slocum will also be joining the staff this year as an assistant coach. She will be a senior at Chaparral High School. She is a long time resident of Stonegate and has been a Stingray since she was 5. Bailey is also a varsity swimmer at Chaparral.

We all are looking forward to coaching your swimmers! Feel free to contact us if you ever have questions. See you at the pool!

Sincerely,

Taylor Kannawin

THE STINGRAY PARENT SURVIVAL GUIDE

Why a Parent Guide?

This publication will serve as a survival guide for your season in summer swimming. It contains all the information you need to be a swimming parent. How is the club run? What should parents do? Where do our coaches come from? What are prelims and finals? The answers to these and many other questions are right here!

Stingray History

We are a summer swim team that was created in 1992 by a group of parents who wanted to offer a fun, team-oriented learning experience for the children of Stonegate. We also offer parents a chance to meet other parents in the community and to be involved in making the Stonegate community a better place to live. Because we operate from a village metro district owned pool, our league mandates that our team is only open to Stonegate residents.

Swimming is a life long experience, and even though we are only a summer team, there is a chance that a swimmer from our team will become motivated to expand their skills by going on to participate in USA, high school, or collegiate swimming. Even if they do not, the swimmer has gained life skills (physical training techniques, sportsmanship, self-discipline and goal-setting), and had a chance to interact with others in a fun and unique way.

The Stonegate Stingrays are members of the Rocky Mountain Swim League, an 18-team summer swim league operating in the southern Denver metropolitan area. The league currently has three divisions of six teams each. Each team has five dual meets per season, and then the league conducts preliminaries and finals. (See Prelims and Finals). The league trains officials and coaches, and also acts as an organizer, unifier, and authority on any issues that may arise between teams.

We are strictly a volunteer group of dedicated parents who have put time and effort into running a successful program. We cannot survive without parent volunteers, and it is crucial that at least one member from each family gets involved. Quality coaching and volunteers have allowed us to accomplish many things in just a few years:

1. We have grown along with our subdivision and continue to flourish with both beginning and experienced swimmers.
2. Our program has a good reputation in the Rocky Mountain Swim League for excellent, well organized, fast-paced and friendly meets.
3. The team members have fun and are in the unique situation of interacting with other swimmers from ages five to eighteen. Some families participate year after year because of the positive experiences they have.
4. We have continued to improve our record and league finals point totals every year, which proves that our swimmers are becoming more proficient in stroke techniques and skill. In both 2008 and 2009 we finished third overall in the league.
5. The Stonegate Village Metro District Board and the Stonegate Village Homeowners Association have been very supportive of our team, and we appreciate them.

Parent Reps and Committee Heads

The Parent Reps and Committee Heads are a group of parent volunteers who run the club on a day-to-day basis. They are all unpaid and put in long hours on behalf of the team. The Parent Reps pay the bills, hire the coaches, negotiate practice times, organize our swim meets, and so on. The committee heads are selected to help the Parent Reps with the team operations. The club exists for the swimmers, our competitive members, but it is the parents and guardians who keep things running. **IF YOU ARE INTERESTED IN BECOMING MORE INVOLVED WE ALWAYS NEED MORE HELP! PLEASE CONTACT ONE OF OUR PARENT REPS!**

Coaches

The head and assistant coaches are the only paid workers of the club. They are hired by the Parent Reps during the off-season and are generally college and high school students. They have all been competitive swimmers themselves and have many years of experience. In addition, they have taken training as swimming coaches, which must be renewed annually. Sometimes we have older swimmers help them out at the younger swimmer's practice. This helps the coaches be more effective and still handle the swimmers.

Volunteers

Swimming is different from many other sports in that there is no limit to team size. Because of this, we need parents of every family to volunteer their time to help at meets and behind the scenes. The Stingrays expect at least one parent of every swimmer to be actively involved. We have many different areas where you can help that do not require any special expertise and do not take much time. VOLUNTEERING MAKES MEETS MORE FUN TOO! A SUCCESSFUL TEAM RUNS ON SUCCESSFUL VOLUNTEERS.

Fundraising

The Stonegate Stingrays depend entirely on swimmer fees, concessions profits, and donations to fund all of our team activities. The coaches are the only paid employees of the team, and nearly all of the swimmer registration fees go to our coaches' salaries. In addition, the team pays for t-shirts, ribbons, trophies, league insurance/fees, and prelim meet entries. We also buy all of our own supplies and equipment. The team will occasionally host fundraisers to help meet its financial needs. Your generous support of our fundraising activities in 2009 raised enough money to purchase a Dolphin Wireless Timing System. If your company would like to sponsor us or if you have other fundraising ideas, please contact the fundraising committee heads: Lena Paris at 303-805-5662 and Marci Bader at 303-840-3285. Thank you for your support.

Team Communication

We have many ways to communicate information to the swimmers and parents. The Stingrays keep a file folder for each family (stored alphabetically in boxes at the pool). We will put important information in the folders for swimmers and parents, and they may be updated daily. Please check your file after each practice or you may miss something. Notification of team parties, meetings, awards or special announcements will be made through this file.

The team's web site, located at www.stonegatestingrays.info is also a great source for news, meet schedules, announcements, and information about the team. The team publishes a weekly Newsletter during the season that will keep you current on upcoming events and activities. The Newsletter will be posted on the team web site and e-mailed to team members. We will also use e-mail to keep you informed of important announcements, so please make sure the team has a current e-mail address for your family, and let us know if you think you aren't getting team e-mail messages.

Finally, there is a message and announcement board mounted on the pool fence behind the starting blocks of the pool. We will post messages and announcements on that board throughout the season.

Practices

For all swimmers, practices will be held in the eight-lane pool at the Stonegate South pool complex (south of Lincoln Avenue). Sure, meets are neat and racing is fun, but the hours in the pool are a reward all by themselves. Swimmers chat between sets, coaches break the practice for games and there are always new skills to learn, and old skills to improve.

We run both morning and afternoon practice sessions so you can put together a set of practices that fit your family's schedule. Mix and match the practices to suit yourself and don't try to make all of them. Although your son or daughter may swim all the available practices in a week if they wish, this may result in "swimmer burn out". The coaches recommend between 3 and 7 practices a week, depending on the training level, age, and motivation of your child. If you are not sure, ask. The coaches probably have a good idea of your swimmer's training needs. The coaches

use some practices to work on particular skills with the team. If there is an area where your swimmer needs work, make sure you ask for some help and find out when these special practices are happening.

Practice Schedule

Weather permitting, practices will begin on May 17. **New in 2010, the practices on May 17 and 18 will be exclusively for our 8 & under swimmers.** Practices for all other swimmers will begin on May 19. While school is still in session we will have two evening practices. The practice times in May will be:

- **4:45-6:00** the coaches will focus on beginner stroke technique (typically those swimmers 10 years old and younger, or new team members)
- **5:45-7:00** the coaches will focus more on more advanced stroke technique (typically those swimmers 11 years old and older, or more experienced swimmers)

Once the local schools let out for the summer in June we will start morning practices. We will still keep a single afternoon practice, for those families whose scheduling conflicts make attending the morning practices difficult. The coaches suggest that, if at all possible your swimmer attend the morning practices. Beginning June 1 practices times will be:

- **Morning – 7:45-9:00 am** the coaches will focus on building endurance (typically the 11 & older swimmers, or more experienced swimmers who are proficient in all 4 strokes).
- **Morning – 8:45-10:00 am** the coaches will focus on beginner stroke technique (typically those swimmers 10 years old and younger).
- **Evening – 5:45-7:00 pm** the coaches will focus on both endurance and beginner stroke technique, to accommodate those swimmers unable to attend morning practices.

Each practice consists of 15 minutes of dry land workout and approximately 60 minutes of swimming. The coaches may request that your swimmer attend a specific practice time to best serve their needs. If you can't attend your scheduled practice time, please talk to the coaches.

Practice Etiquette

The coaches really do like to talk to parents. Don't hesitate to ask them questions or ask for help. Please remember, however, that they are working on deck during practices and are concentrating on your swimmer's progress.

PLEASE DO NOT INTERRUPT THEM OR YOUR CHILDREN DURING PRACTICES. Utilize the Parent Reps to voice your comments or concerns, or contact the head coach after practice. You may contact them via e-mail (coaches@stonegatestingrays.info) or phone to schedule a meeting with you when necessary.

Team Time Trial

New for 2010, the Stingrays will hold a Team Time Trial before the first dual swim meet of the season. Participation in the time trial is not mandatory, but all swimmers are strongly urged to attend. It will allow swimmers new to the team or competitive swimming to experience a swim meet before we begin competing against other teams. Experienced swimmers will be able to obtain seed times in all four strokes before the start of the swim season. It should be a lot of fun for everyone. Events will be swum in meet order.

At the time trial (unlike dual meets, where swimmers are limited to three individual events plus relays) swimmers will be allowed to swim events in all four strokes. There will be no relays, individual medley swims, or distance events.

Swim Meets

These are a chance for swimmers to try out their skills, strut their stuff, and have fun. However, they take a bit of getting used to for all parents and swimmers. All meets have a

potential of 90 events, although there are times when there will not be swimmers in every event. There are four official strokes (freestyle, backstroke, breaststroke, and butterfly), in different yardage distances and combinations for all age groups. Boys and girls compete separately, and the swimmers are divided into age groups: 6 & under, 7-8, 9-10, 11-12, 13-14, and 15-18.

At the dual meets, all swimmers compete to earn points for their team (based on the finish place in events). Remember, that even though your child may not earn points for the team, it gives them a chance to swim in a meet surrounding and build experience. Our coaches try to rotate swimmers in and out of different events as much as possible depending on proficiency in stroke technique, age, and practice attendance.

Swimmers will be required to be at all meets between 6:00 and 7:00 am, depending on the meet. The coaches will inform the swimmers of the required arrival time before each meet. If you are unable to attend a meet or team function, you must notify the head coach **in writing the Monday before the meet**. If you don't show up for a meet and did not inform the coaches, your child may not be allowed to swim in the next meet. Preparing the weekly line-up takes more than six hours; therefore, if the coaches have to redo it, it will limit their time spent on coaching. In the long run, this will only hurt your child.

League Prelims and Finals

The league prelims are qualifying meets at the end of the summer. There are four requirements that must be met in order to participate in them:

1. Your child meets any qualifying times set by the league (currently there are none).
2. Your child has attended at least ten practices throughout the season.
3. Your child has attended at least two dual swim meets during the summer.
4. You have completed all of your volunteer assignments.

At Prelims, swimmers compete for the top 16 places in each event in order to move on to finals. All swimmers on the team are encouraged to attend their respective Prelim meets. The league finals are a championship meet that only includes the top swimmers in the league.

DQ's

Disqualifications happen sooner or later to every swimmer. They are no big deal. Even the coaches have been DQ'd, and this knowledge often helps swimmers deal with it. Most swimmers will be upset when DQ'd, but a positive attitude from parents will help them to learn from the mistake. Stroke Judges, the Referee, and the Starter can all DQ swimmers for reasons ranging from false starts to swimming the wrong stroke. Officials don't like to DQ swimmers and are kind about it. It's better to correct a problem early than to let a bad habit develop. On the subject of DQ's there are some definite and very important protocols for parents to be aware of:

1. Don't ever approach an official to question or challenge a DQ. These people are parents, just like you. Moreover, a disqualification can only be judged from the position of the disqualifying official. No matter how good your view of the race, you were not in the official's shoes.
2. If a disqualification is to be questioned, it must be done by the rules of swimming and by the coach. If you are concerned or interested about a DQ, ask the coach about it. If he or she feels there is a reason that the DQ should be overturned, he or she will go to the referee with the inquiry or protest.
3. By the rules, videotapes may not be used as part of a review of a DQ. Don't ask an official to review such tapes and offer opinions.

Butterfly and breaststroke are particularly difficult strokes to master. Completing them without a DQ is a goal some swimmers have worked on for an entire season. Achieving that goal is just as important as winning a race, if not more so!

Rules

Swim meets are conducted by rules. Most relate to swimming, but a few govern behavior. In particular, swimmers are expected to be polite to officials, even when they are disqualified, and to exhibit sportsmanlike behavior at all times. These, as well as inappropriate language and fighting, can result in a meet disqualification. Parental behavior can also result in DQ's of swimmers. Harassing officials, coaching your swimmer from the edge of the pool, or using abusive or foul language, can have consequences for continued participation in the sport.

Parents and swimmers are not allowed on the working deck of the pool. The only exceptions to this rule are competing swimmers and working parents.

Our club also has some expectations of swimmers and parents in this regard. At all times, members should exhibit good sportsmanship. We are, above all, a team. We expect team behavior both in and out of the pool. Problems should be reported to the coaches or Parent Reps.

Team Tents

The team puts up one or two very large tents at all meets. They serve as places where swimmers and families can get out of the rain or sun, store belongings, and rest. ALL SWIMMERS ARE EXPECTED TO STAY IN THE TENTS BETWEEN THEIR EVENTS SO WE CAN FIND THEM WHEN THEY ARE NEEDED. THIS IS ESPECIALLY IMPORTANT FOR THE YOUNGER SWIMMERS!! Older swimmers and parents will be asked to help set up and take down the tents before and after meets. All swimmers need to clean up their belongings from the team tent after the meet.

Before the Meets

If you are unable to swim in the up coming meet, please let the head coach know, **in writing**, by the **Monday** practice, or earlier if possible. This helps the coaches prepare and place swimmers in certain events and relays to benefit the team. **If the coaches are not notified in writing, you will automatically be entered.** Illness and emergencies are exceptions.

If you have to leave the meet early, please be sure the coaches know ahead of time so that the relays can be filled appropriately. Remember, each relay requires four swimmers and if one drops out without notice three other swimmers will be **very** disappointed.

Get plenty of rest. Meets can be long! Warm-ups are usually at 7:00 a.m. and we will be done around 1:00 p.m. or so, depending on team size, number of lanes in the pool, and the team's organization in the heating area.

Prepare a cooler with juices, veggies, good food and plenty of water. Bring sunscreen – it's a must. Extra towels, sweats, blankets, cards, crayon, etc., at your discretion. Remember to label your items since the tent gets very crowded during a meet. Concession stands will be available at every meet but may not have everything you might need. Extra goggles and/or swimsuits come in handy if there is an unexpected break or tear.

Label all personal items. Swim team shirts, sweats, and goggles all look alike. You would not believe how many are lost or traded inadvertently at meets.

Arrange transportation and supervision for your child if you cannot be there. An RMSL map and event sheets are included in this handbook for your reference.

Day of the Meet

Plan to get to the pool, either home or away, in time for warm-ups. Include travel time. Locate the Stingrays' team tent(s) and lists of events. They will be posted near our team area and will tell you what events each swimmer is swimming that day. The maximum number of events that a swimmer can be in is three individual events and two relays. Less is more common.

Due to the nature of the sport of swimming as a team sport, decisions regarding what the swimmer will be swimming are left up to the coaching staff. They will base these decisions on their knowledge of the swimmers and what is best for the team. Please leave these decisions to the coaches. We do also urge you to wear a team suit and/or cap at all the meets to show your spirit and team unity.

Check in by highlighting your swimmer's name on the list of events. This is the only way the coaches will know that you have arrived and are ready to swim. **Warm-ups will usually begin at 7:00 a.m.** If a swimmer arrives late to a meet without prior notification, they will be removed or "scratched" from all of their events for the day.

After warm-ups swimmers should return to the team tent unless they are swimming in events #1-5, in which case they should go to the heating area to receive event cards. (Each event has number and for a swimmer to be allowed into the heating area they must have an event card.) Once a swimmer has received their card, they must stay in the heating area to avoid missing their event. **It is the responsibility of the swimmer and/or parents to have the swimmer report to the heating area at least five events prior to their next event.** Swimmers will be scratched from an event if they are not in the heating area on time, so please encourage your child to stay in the team tent area until the appropriate time. The Stingrays have an event board that will show the event that is currently being "heated." If your swimmer cannot be found they might miss their event or be replaced. The officials will not hold the meet for missing swimmers! The coaches cannot keep track of swimmers and be on deck coaching at the same time.

After the meet please help clean up the pool area, check the team tent for your belongings, and then, if the coaches have set up an impromptu team party, be sure to attend. Parents are invited too! It's a fun time to talk over the meet and have fun with the team friends.

League Website

The Rocky Mountain Swim League has a website located at www.rmsl.org. This site has some basic information with links to all the teams. The ultimate goal of the website is the ability to post meet line-ups before a meet (of course, these are always subject to change) and meet results after a meet. We will also try to post important information regarding events, etc. on the Stonegate Stingray web site, located at www.stonegatestingrays.info.

League Communication

All concerns about league by-laws and or procedures must be directed through our Parent Reps and not directly to the league. The Parent Reps will present your concerns to the league board as appropriate.

As always, if you have any questions or concerns regarding the above items, please contact the Parent Reps.

This guide may not have answered all of your questions. Please be sure to contact someone and get your questions answered.

WELCOME TO SUMMER SWIMMING!

CONTACT INFORMATION

The following is a list of the Parent Reps, Head Coach, and Committee Heads. If you have a problem, question, or concern regarding your volunteer commitment, please contact the committee head responsible for the area in which you're volunteering.

PARENT REPS:

Jacquie Bannec (303) 840-6123
John & Jill Haberland (303) 840-3844
Jason & Kristyn Ulrich (303) 375-0549

HEAD COACH:

Taylor Kannawin (303) 841-2898

COMMITTEE HEADS:

Apparel - Tracey Powell (303) 805-3919
Heating – Robin Lane (303) 805-0549
Timing & Stroke Judges – Beth Graves (303) 840-0897
Concessions – Kevin Kricke (303) 840-1728
 Joe Maus (303) 840-4970
Ribbons and Awards – Joanne Faul (303) 841-2898
Computers/Scoring – Susan Kannawin (303) 841-2898
Special Events – Krista Holtzmann (303) 805-8862
Fundraising – Lena Paris (303) 805-5662
 Marci Bader (303) 840-3285
Meet Starters – Steve Graves (303) 840-0897
 Chris Kannawin (303) 841-2898
Meet Announcer – Brandon Warren (720) 851-9874

2010 CALENDAR OF EVENTS

April 15-May 31, 2010	On-line Registration
May 17, 2010	Afternoon Practices Begin (8 & Under Swimmers)
May 18, 2010	New Parent Orientation (Stonegate Pool)
May 19, 2010	Afternoon Practices begin for All Swimmers
May 19, 2010	First Apparel Fitting (Stonegate Community Center)
May 26, 2010	Team Time Trial
June 1, 2010	Morning Practices Begin
June 1, 2010	Second Apparel Fitting (Stonegate Pool)
June 2, 2010	Pizza and Picture Party
June 5, 2010	Dual Meet - Stonegate at Homestead
June 12, 2010	Dual Meet – Cherry Creek Vista at Stonegate
June 19, 2010	Dual Meet – Bow Mars at Stonegate
June 23, 2010	Movie Night - Stonegate Pool
June 26, 2010	Dual Meet – Stonegate at Ben Franklin
June 30, 2010	Swim-a-Thon
July 7, 2010	Pancake Breakfast (Stonegate Community Center)
July 10, 2010	Dual Meet – Homestead Farm II at Stonegate
July 12, 2010	8 & Under Prelims at Homestead Farm II
July 13, 2010	13-18 Prelims at Stonegate
July 14, 2010	9-10 Prelims at Homestead
July 15, 2010	11-12 Prelims at Heritage Greens
July 17, 2010	RMSL Finals Meet at Cherry Creek Vista

STONEGATE STINGRAYS VOLUNTEER POLICY 2010

Swimming is different from many other sports in that many volunteers are needed to run a successful swim meet. Because of this, the Stonegate Stingrays require every family to volunteer their time to help at the meets and behind the scenes.

VOLUNTEERING MAKES MEETS MORE FUN! GET INVOLVED, SUPPORT YOUR TEAM, AND MAKE NEW FRIENDS!

1. Each family is expected to work a total of **FOUR** VOLUNTEER SHIFTS prior to prelims and finals. This can be done at the dual meets or special events.
2. In addition to the **four** volunteer shifts requirement, EVERY FAMILY is required to work at least **ONE** VOLUNTEER SHIFT at PRELIMS or FINALS. This obligation applies even if you do not have any swimmers participating at Prelims or Finals.
3. Each family will sign up for **four** volunteer shifts for the dual season/special events at the time of registration. Families will not be permitted to sign up for concurrent or overlapping shifts. **YOU WILL NOT BE ALLOWED TO REGISTER** if you do not sign up for four volunteer shifts.
4. Your children will not be permitted to swim at Finals if you have not completed your volunteer shifts.
5. Once you sign up for a volunteer shift during registration, **YOU** are responsible for satisfying that volunteer shift. **DO NOT** call the Parent Reps to ask to be released from your volunteer shift. **THEY WILL NOT RELEASE YOU FROM THE ASSIGNED SHIFT.**
6. If you cannot work the shifts that you selected, **it is YOUR OBLIGATION to find someone else to cover your shift.** It is not the responsibility of the Parent Reps or volunteer coordinator to make shift changes for you. You must find someone to cover your assigned shift. Once you do so, you **MUST** notify the Parent Reps in writing of the change prior to the meet.
7. Every family is required to pay a \$150 volunteer deposit. If you fail to fulfill your family's four shifts and/or finals volunteer obligations, you will **FORFEIT** your \$150 volunteer deposit.
8. Shift assignments will be posted on the Stonegate Stingray's web site, and on the bulletin board at the swimming pool. Please check your volunteer assignments before the season starts. Also, check before the meet for any changes to your shift assignment.
9. Descriptions of the volunteer shift assignments are posted on the Stonegate Stingrays' web site. You will be expected to fulfill **ALL** of the duties for your volunteer assignment. You will also be expected to cover the shift for the entire period of time.
10. Volunteers should check in at the volunteer check-in table on the morning of the swim meet between 6:30 am and 8:00 am. Please check off your name on the volunteer shift assignment schedule and claim your nametag, so that we know you are present.
11. Please pay attention to any announcements during meets regarding shift assignments and volunteers needed.
12. Please report to your shift assignment five (5) minutes before the start of your shift assignment. Volunteers should check-in with the appropriate committee head prior to the start of their shift.

- ◆ Timers, stroke judges, and runners report directly to the Timing/Stroke Judge Committee Head.
- ◆ Heating volunteers report directly to the Heating Committee Head.
- ◆ Scorers report directly to the Scoring Committee Head at the scoring table.
- ◆ Concessions and hospitality volunteers report directly to the Concessions Committee Heads.
- ◆ Set-up and Break down report directly to the Parent Reps.

If you do not know where to report for your assignment, please ask!

RMSL SCHEDULE OF EVENTS

FREE RELAY (6 & UNDER ONLY)

1	Boys	6 & U	100 Meters (or yds)
2	Girls	6 & U	100 same

MEDLEY RELAYS (BK, BR, FLY, FREE)

3	Boys	15-18	200 Meters (or yds)
4	Girls	15-18	200 same
5	Boys	13-14	200
6	Girls	13-14	200
7	Boys	11-12	200
8	Girls	11-12	200
9	Boys	9-10	200
10	Girls	9-10	200
11	Boys	8 & U	100
12	Girls	8 & U	100

FREESTYLE

13	Boys	13-14	200 Meters (or yds)
14	Girls	13-14	200 same
15	Boys	15-18	200
16	Girls	15-18	200
17	Boys	6 & U	25
18	Girls	6 & U	25
19	Boys	8 & U	25
20	Girls	8 & U	25
21	Boys	9-10	100
22	Girls	9-10	100
23	Boys	11-12	100
24	Girls	11-12	100
25	Boys	13-14	50
26	Girls	13-14	50
27	Boys	15-18	50
28	Girls	15-18	50

BUTTERFLY

29	Boys	8 & U	25 Meters (or yds)
30	Girls	8 & U	25 same
31	Boys	9-10	50
32	Girls	9-10	50
33	Boys	11-12	50
34	Girls	11-12	50
35	Boys	13-14	100
36	Girls	13-14	100
37	Boys	15-18	100
38	Girls	15-18	100

BACKSTROKE

39	Boys	6 & U	25 Meters (or yds)
40	Girls	6 & U	25 same
41	Boys	7-8	25
42	Girls	7-8	25
43	Boys	9-10	50
44	Girls	9-10	50
45	Boys	11-12	100
46	Girls	11-12	100
47	Boys	13-14	100
48	Girls	13-14	100
49	Boys	15-18	100
50	Girls	15-18	100

BREASTSTROKE

51	Boys	8 & U	25 Meters (or yds)
52	Girls	8 & U	25 Same
53	Boys	9-10	50
54	Girls	9-10	50
55	Boys	11-12	100
56	Girls	11-12	100
57	Boys	13-14	100
58	Girls	13-14	100
59	Boys	15-18	100
60	Girls	15-18	100

FREESTYLE

61	Boys	8 & U	50 Meters (or yds)
62	Girls	8 & U	50 same
63	Boys	9-10	50
64	Girls	9-10	50
65	Boys	11-12	50
66	Girls	11-12	50
67	Boys	13-14	100
68	Girls	13-14	100
69	Boys	15-18	100
70	Girls	15-18	100

INDIVIDUAL MEDLEY (FLY, BK, BR, FREE)

71	Boys	8 & U	100 Meters (or yds)
72	Girls	8 & U	100 same
73	Boys	9-10	100
74	Girls	9-10	100
75	Boys	11-12	100
76	Girls	11-12	100
77	Boys	13-14	200
78	Girls	13-14	200
79	Boys	15-18	200
80	Girls	15-18	200

FREESTYLE RELAYS

81	Boys	8 & U	100 Meters (or yds)
82	Girls	8 & U	100 same
83	Boys	9-10	200
84	Girls	9-10	200
85	Boys	11-12	200
86	Girls	11-12	200
87	Boys	13-14	200
88	Girls	13-14	200
89	Boys	15-18	200
90	Girls	15-18	200

RMSL Map

