BOYS' SWIMMING PREVIEW RELAYS

Friday, December 11, 2015

Humboldt High School, 6:00 p.m.

Tickets - Adults $5.00, students $3.00

1. Maximum relays per team (two per event)
2. Stop watch lane assignments:
    - Lane 1 -- Humboldt/Washington
    - Lane 2 -- Highland Park/SPA
    - Lane 3 -- Central
    - Lane 4 -- Johnson
    - Lane 5 -- Como Park
    - Lane 6 -- Harding
3. All coaches will help with diving (five judges, two remaining will help at table.)
4. Warm-up schedule:
    - Divers -- 4:00-5:15
    - General warm-up -- 5:00-5:30
    - Coaches meeting -- 5:30
    - Clear pool and introductions -- 5:45
5. **Coaches meeting at 5:30 p.m. (please bring team roster, preview swimming entry sheet and preview diving entry sheet.)**
6. Meet manager will be responsible for printing programs.
7. Events:
    - 200-yd. Medley Relay -- 4 swimmers, each swimming 50 yards.
    - 850-yd. Freestyle Medley -- 4 swimmers, 50-100-200-500 yards.
    - 300-yd. Breast/Fly Relay -- 4 swimmers, 50-100-100-50 yards.
    - 200-yd. Backstroke Relay -- 4 swimmers, each swimming 50 yards.
    - 400-yd. Freestyle Relay -- 4 swimmers, each swimming 100 yards.
    - Diving -- Total of six dives per team.
    - 400-yd. Medley Relay -- 4 swimmers, each swimming 100 yards.
    - 200-yd. Freestyle Relay -- 4 swimmers, each swimming 50 yards.
    - 400-yd. Individual Medley Relay -- 4 swimmers, each swimming 100 yards.