

2011 Menendez Swimming
Helpful Hints for Meets

Order of Events:

1 Women 200 Medley Relay	*Relay Order: Back, Breast, Fly, Free
2 Men 200 Medley Relay	*Relay Order: Back, Breast, Fly, Free
3 Women 200 Freestyle	*Flip turns! Flip Turns!! FLIP TURNS!!! And side breathing!
4 Men 200 Freestyle	*Flip turns! Flip Turns!! FLIP TURNS!!! And side breathing!
5 Women 200 IM	*Must touch with hand on back, on backstroke to breast turn (Fly, Back, Breast, Free)
6 Men 200 IM	*Must touch with hand on back, on backstroke to breast turn (Fly, Back, Breast, Free)
7 Women 50 Freestyle	*Flip turns! Flip Turns!! FLIP TURNS!!! And side breathing!
8 Men 50 Freestyle	*Flip turns! Flip Turns!! FLIP TURNS!!! And side breathing!
9 Women 1 meter Diving	*Not competed in
10 Men 1 meter Diving	*Not competed in
11 Women 100 Butterfly	*Two hand touch at same time on every wall
12 Men 100 Butterfly	*Two hand touch at same time on every wall
13 Women 100 Freestyle	*Flip turns! Flip Turns!! FLIP TURNS!!! And side breathing!
14 Men 100 Freestyle	*Flip turns! Flip Turns!! FLIP TURNS!!! And side breathing!
15 Women 500 Freestyle	*Be sure you have someone to count your laps (counter)
16 Men 500 Freestyle	*Be sure you have someone to count your laps (counter)
17 Women 200 Freestyle Relay	
18 Men 200 Freestyle Relay	
19 Women 100 Backstroke	*Can do backstroke flip turns on every wall, must finish on back
20 Men 100 Backstroke	*Can do backstroke flip turns on every wall, must finish on back
21 Women 100 Breaststroke	*Two hand touch at same time on every wall
22 Men 100 Breaststroke	*Two hand touch at same time on every wall
23 Women 400 Freestyle Relay	
24 Men 400 Freestyle Relay	

General Rules:

FLY:	Dolphin Kick (both feet moving at the same time) Two hand touch on every wall (both hands touch at same time)
BACK:	Must start on back and remain on back for entire swim Only one (1) forward pull with one (1) arm after roll over on flip turn (if you do not make it you must kick—no more strokes allowed!) Dolphin Kick on back (3-6) after start and off walls, then flutter kick throughout stroke Must finish on back, cannot turn on side, cannot roll over, cannot kick underwater
BREAST:	Both hands must move together Both feet must move together on kick (NO scissors kick!) All arm strokes must remain in front of hips Pull out may have one (1) full stroke with hands, pulling all the way past hips Pull out may have dolphin kick after pullout (hand motion), before kick Only one (1) arm stroke, and one (1) breaststroke kick allowed underwater on pullout Must have one (1) kick to one (1) pull
FREE:	Anything goes...yes I mean anything as long as you make it across the pool! Typically swum with flutter kick and crawl arm motion, side breathing, flip turns on every wall!
RELAYS:	Swimmer must wait until the swimmer in front of them has touched the wall before going. May use walk up, moving relay start
STARTS:	Come down upon command "Swimmer, Take your mark" Hold in position (toes on front edge of block, finger tips lightly touching front edge of block) Dive in upon hearing horn / seeing strobe light Hold streamline until past flags!
DQ:	If you miss an event, you are out of the rest of the meet...yes, you will mess up the relays that you are supposed to be swimming in! If you false start before the horn, you can get out and try again If you false start and it is not called until after everyone is in the water, keep swimming until they call you back or stop you