

**2010 RACQUET CLUB
RACING DOLPHINS
PARENT AND SWIMMER
HANDBOOK**



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PARENT AND SWIMMER HANDBOOK**

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COMMUNICATIONS

Racquet Club Front Desk	765-4400
Swimming Pool	765-4477
Website	http://www.racquetclubofmemphis.com
Susan Hedgepeth ,	susan.hedgepeth@racquetclubofmemphis.com 765-4409(Telephone); 682-4229 (fax)
Kelly Lockett, Assistant	kelly.lockett@racquetclubofmemphis.com (901) 765-4456
Team Bulletin Board	Located at the bottom of the stairs leading to the pool. Notice of upcoming events and swim meet information is posted regularly.

**PLEASE CHECK YOUR EMAIL AND BULLETIN BOARD
FREQUENTLY FOR IMPORTANT INFORMATION CONCERNING THE
SWIM TEAM.**

2010 COACHES

Paul Steffan, Head Coach

Paul is returning to the swim team for his 6th year and will be assuming the head coaching position. Paul was a longtime swimmer at Memphis Tiger Swimming and a 4-year letterman and All-American for Christian Brothers High School. Paul currently studies Psychology at the U of M and plans to attend grad school to study Speech Therapy."

Griffin Heard, Assistant Coach and Head Lifeguard

Griffin is returning to the Racquet Club for her 5th year, and this will be her first year as an assistant coach. Griffin swam on Hutchison's varsity swim team and was captain her senior year. She is also an alum of the Racquet Club Dolphin swim team. Griffin has just completed her freshman year at the University of Tennessee—Knoxville where she supports the Tennessee Swimming and Diving team as a Tennessee Timette.

Tucker White, Assistant Coach

Tucker White is joining us for his 2nd year. He swam on Memphis University School's varsity swim team for four years and was captain his senior year. Tucker started swimming in the Country Club Leagues when he was eight. He is currently a senior and plans on attending Pepperdine University in Malibu, CA in the fall.

PHILOSOPHY AND OBJECTIVES

The Racquet Club swim program is founded on the belief that country club swimming offers an exciting and valuable experience in a young person's life. It can be learned and enjoyed by all and its values go far beyond that of just learning efficiency in the water. Every participant can gain from his or her experience, whether or not he or she ever wins a single race. It is for this reason that the following objectives have been adopted:

1. To provide opportunities for social and emotional development.
2. To furnish a wholesome and worthwhile physical and recreational outlet.
3. To provide the opportunity to learn sportsmanship and make swimmers aware of team cooperation and pride.
4. To provide opportunities to learn good health habits
5. To learn well a sport they can enjoy the rest of their lives.

THE TRIAD

Swimmer

Parent Coach

A positive relationship between these three will help the swimmer achieve excellence. Each of us has our own separate duties and responsibilities to perform. The parent is the key to nutrition, lifestyle, sleeping habits, etc. The coach is responsible for the swimmers stroke technique, conditioning, motivation, etc. The swimmer is responsible showing up to practice on time, and working to achieve new levels of performance. Parents, coaches and swimmers must work together, encourage each other, and support the efforts of others. The thrill of achievement must be enjoyed and celebrated by all.

FAMILY VOLUNTEER COMMITMENT

For the Racing Dolphins to have a successful and fun season, it is **Mandatory** for parents to volunteer for various jobs throughout the course of the meet. Each family unit **must** work the lesser of three sessions or each meet your child swims. One session is Swim Events #1-#44 or Swim Events #45-#88) at a swim meet. If you have a child under 10, one session must be bullpen. You will be completely trained for any job you volunteer for. You should not have to work the entire meet. All families will be asked to sign up for their three sessions in the volunteer book.

If you do not meet your volunteer commitment, you will be fined \$50 per missed commitment.

July 18, 2010 City Swim Meet: Volunteers will be needed from the Racquet Club for the City Swim Meet. Sign up sheets will be available at a later date.

2010 RACQUET CLUB SWIM TEAM

PARENT VOLUNTEERS AND COMMITTEES

Memphis Summer Swim League Representative

Jeanne Mercer

Anita Heros

Parent Volunteer Coordinator

Sara Kelly (sarakelly@comcast.net)

(Maintains meet sign up sheets and volunteer book)

Social Coordinator (special events, banquet)

Melissa Krylowicz (m_krylowicz@hotmail.com)

Attendance Commitment

With each swimmer comes an expected commitment to attend practice. Swimmers are encouraged to attend all practices and should recognize that the more practices they attend, the faster they will improve. The minimum **RECOMMENDED** attendance commitment for each swimmer is 2-3 practices per week. Strict attendance will be taken and if a swimmer is not meeting the recommended practices, the swimmer may not be able to swim in the next swim meet.

Age Divisions

Morning Practice Schedule

	<u>Tuesday</u>	<u>Thursday</u>	<u>Friday</u>
8 & UNDER	9:00 – 10:00	9:00 – 10:00	9:00 – 10:00
9 & UP	10:00 – 11:00	10:00 – 11:00	10:00 – 11:00

Afternoon Practice Schedule

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
8& under	4:00 – 5:00	6:00 – 7:00	5:00 – 6:00
9 and older	5:00 – 6:00	7:00 – 8:00	6:00 – 7:00

Stroke Clinics will be on Mondays from 3:15pm-4:00 pm (all ages)

Parents are welcome to observe practice. If you need to speak with the coaches, please send them an email or leave them a message and they will be happy to set up a convenient time to meet with you that will not interfere with practice.

PRACTICES – STARTS **WEDNESDAY, MAY 26, 2010**

What You Should Bring to Practice:

Practice swimsuit Towel Cap (Optional) Goggles

Racquet Club Swim Team Suits

Swim suits can be ordered from All American Supply in Collierville, TN.
2136 W Poplar Ave # 114
Collierville, TN 38017
(901) 850-2006

RACING DOLPHINS 2010 SCHEDULE
MEMPHIS SUMMER SWIM LEAGUE LOWER DIVISION

Please check e-mails and bulletin boards at the pool for any changes.

Swimmers are to be ready for swim meet warm-ups at 5:00.

Late swimmers will be scratched from first events after 5:30.

You need to sign up your child to be in the meet by the Tuesday before the meet no later than end of practice (8:00 pm). If you do not sign them up, your child will not be entered in the meet. The coaches need to know to make up the heat sheets correctly.

Monday, April 12	6:00 PM	Parents Meeting
Wednesday, May 26		Practice starts
Thursday, May 27	6:00 PM	<i>“Meet the Coaches” and Pizza Party</i>
Wednesday, June 2		Team Pictures & Parents Beer Dive
Thursday, June 3		RAC VS. Southwind (Home)
Monday, June 7		Reggae Night
Tuesday, June 8		Team Pictures
Thursday, June 10		RAC VS. MCC (home)
Thursday, June 17		RAC vs Rhodes (away)
Monday, June 21		Luau
Thursday, June 24		RAC vs Ridgeway (away)
Monday, June 28		Parents Beer Dive
Thursday, July 1		RAC vs. Southwind (away)
Thursday, July 8		RAC vs Ger (home)
Saturday, July 17		City Meet (St. George’s)

STROKES

It makes a swim meet more interesting if you know what is going on. There are two basic categories of races: Relay and Individual. All recognized relays involve four swimmers on each team. The most common relays are medley and freestyle. In the medley, each of the 4 swimmers does an equal distance of their specific stroke. The medley order is: Backstroke — Breaststroke — Butterfly — Freestyle. In a Freestyle relay, each of the 4 swimmers swim an equal distance of the freestyle.

The individual races are broken into 5 categories: freestyle, backstroke, breaststroke, butterfly, and Individual Medley (IM). The IM consists of 4 equal distances of all the strokes in the following order: Butterfly — Backstroke — Breaststroke — Freestyle.

At each meet, you will see Stroke & Turn judges on each side of the pool. These judges are determining that the rules for each stroke are being followed. Their main objective is to determine that no swimmer gains an unfair advantage by violating the rules. If a swimmer violates the rules, they will be disqualified from that race.

Stroke and Turn judges are looking primarily at the following:

Backstroke: The primary rule is that the swimmer must be on his back. The swimmer is allowed to roll onto the chest before turning.

Breaststroke: This is the most formalized of the strokes. On starts and turns, the swimmer may pull in any fashion that keeps the arms underwater at all times and is a simultaneous movement of both arms. The kick must sweep out, then end with a ‘frog kick’ motion in a simultaneous movement of both legs. The swimmer is not allowed to flutter or dolphin kick (any up and down motions with the feet). When touching the walls for turns and finishes, both hands must touch at the same time.

Butterfly The butterfly is similar to the breaststroke in that all movements must be simultaneous. The swimmer must bring his arms over the top of the water when recovering from the last pull. The kick must be a simultaneous, up and down movement of both legs and both hands must touch the wall at the same time.

Freestyle: In most cases, there are 2 rules to follow

1. You must touch the wall with some part of your body when making a turn. When executing a flip turn, the feet must touch the wall in the push-off.
2. You may do anything you like to get yourself from one end of the pool to the other, Nothing is barred, except pulling along lane lines, grabbing another swimmer or pushing off the bottom of the pool.

AQUATIC TERMINOLOGY

Block: The starting platform.

DQ (Disqualified): A swimmer who commits a stroke violation or fails to touch properly.

Event: Any race or a series of races, in a given stroke and distance.

False Start: Any swimmer who is not motionless when the starting gun is fired or who leaves the starting blocks before the gun is fired, is charged with a false start. Any swimmer charged with 2 false starts is disqualified from the particular event.

Heat: A division of an event in which there are too many swimmers to compete at one time.

I.M.: Slang for individual medley, an event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke and freestyle.

Lane: The specific area, marked by lane lines, in which a swimmer is assigned to swim.

Lane Lines: Continuous floating markers attached to a line stretched from the starting end of the pool to the turning end of the pool, for the purpose of separating each lane.

Leg (relay): The part of a relay event that is swum by a single team member.

Meet: Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer tests himself against the clock to see how he is improving.

Relay: An event in which 4 swimmers compete together as a team to achieve one time.

Scratch: To withdraw from an event in a competition.

Split Time: The time taken at the intermediate distance.

Starting Block: The platform the swimmer stands on to begin a race.

Warning Flags: Located 15 feet from each end of the pool and strung across the pool above the water, indicating to backstroke swimmers that they are nearing the end of the pool.

**MEMPHIS SUMMER SWIM LEAGUE
2010 RULES & REGULATIONS (Proposed)**

MISSION STATEMENT: The purpose of these swim league rules is to ensure full participation of all swimmers, regardless of their level of ability.

I. TIME LINE FOR THURSDAY SWIM MEETS

1. 6:00 pm: Wednesday: submit entries via Hy-Tek to **Scott Robinson**

Note: Missed deadline will jeopardize production of your heat sheets.

2. 5:00 pm: Warm-ups begin.

3. 5:30 pm: League reps meet with starter/announcer & judges at announcer's table.

Place cards should be given to visiting league rep for distribution.

4. 5:45 pm: Warm-ups end.

5. 5:45 pm: League reps position place judges, sideline judge & timers.

6. 6:00 pm: Meet starts.

7. 10:00 pm: Meet ends, unless specified earlier by a City Ordinance.

8. 10:00 pm: Coach picks up DQ slips from the scorer for their team.

9. 10:00 pm: Host rep emails final score and triple winners to: League President Sara Hodges

10. Sportsmanship: PRACTICE GOOD SPORTSMANSHIP THROUGHOUT THE MEET!

II. LEAGUE DATES & DEADLINES

TBD

III. TEAM REGISTRATION & FEES

1. League reps are responsible for maintaining their Club's swim team roster and having an updated roster at each meet.
2. Any swimmer who swims in at least one meet is considered a member of MSSL league and must pay the dues. This covers the swimmer's participation in the League and must be paid even if the swimmer does not participate in the City Meet.
3. To participate in the City Meet, a team must be registered and league dues paid on or before the deadline in Section II.
4. On or before the deadline in Section II, an additional check covering entry fees for the City Meet must also be turned in to the League Treasurer with a roster for the city meet and a hard copy of the entries, both of which can be generated by Hy-Tek.
5. Any team determined to have held team practices or clinics prior to May 1st will be ineligible to place in the City Meet. Individual swimmers may earn points, but their points will not be attributed to a team. The team will not receive a trophy.
6. League Reps Meetings are generally scheduled for the second Tuesday of the month, with an accommodation for Spring Break in March, additional meetings in the summer and the recap meeting in August after the City Meet. League Reps are expected to attend or to find a substitute. If a team is not represented at two (2) meetings, the President will contact the Club about replacing one or more of their reps.

IV. SWIMMER ELIGIBILITY

1. The swimmer's family must be a member in good standing of the Club for which s/he swims. The swimmer must be either the child or grandchild of the club member.
2. The swimmer must be on the club's swim team roster and pay dues to the MSSL.
3. The swimmer is eligible to participate if he/she is 19 years of age or younger as of June 1.
4. Head coaches & assistant coaches are eligible to swim for their team if they meet the age requirement set forth by the league and are the children or grandchildren of members in good standing of their club. A maximum of three coaches per year per team may be eligible under this rule.
5. To be eligible to swim in the City Meet, a swimmer must be on the team roster of registered swimmers that is turned into the League Treasurer with the League dues and swim a minimum of TWO regular Thursday night meets. Invitational meets do not count.
6. There are no co-ed events.

7. A swimmer can participate in up to THREE individual events in the weekly meets. Each swimmer should be given equal opportunity to swim in at least two individual events.
8. All events will be limited to 3 heats each, except for 6 & under Freestyle or to accommodate swimmer participation as outlined in Paragraph 7 above.
9. No USS Team Logos will be allowed during MSSL swim meets. Should a swimmer violate this rule, he/she will be scratched from the meet.
10. The swimmer's age group that is determined by his/her age on June 1.
11. At the City Meet, swimmers that are deemed eligible for competition may compete as "Team Point Only" swimmers, opting out of the competition for High Point Trophy (purely on an optional basis). If swimmers elect to do this, their points would still count toward the team standings in the team competition, but their points would not be accumulated toward the individual High Point or Runner-Up awards. These swimmers would still receive their medals for individual events, but would not get a trophy.

V. RELAYS

1. A swimmer must swim in at least one individual even in order to swim on a relay team.
2. Each relay is composed of 4 swimmers. Those 4 swimmers MUST BE of the same age group. However, if this is not possible, one swimmer, per "relay team", may be moved up from the age group below. THREE of the swimmers MUST be in the age group of the event.
3. A swimmer may swim a total of THREE relays. Two of the three must be in his or her age group.
4. A swimmer is allowed to swim a third relay in the age group DIRECTLY ABOVE his/her own.
5. The Medley Relay (2nd relay) will be held after the regular freestyle, before the other individual strokes, to give the youngest swimmers the opportunity to leave early.
6. To increase the possibility of having relay teams we will allow coed teams and teams of varying ages. You must swim eligible swimmers in their correct relay if possible. A swimmer can swim in a total of 3 relays. The relay is the age group of the oldest swimmer. 2 or more boys make a boy's relay, 3 girls and 1 boy make a girl's relay. Gender takes precedence over age. Full name and age must be written on the back of the relay card. This is for dual meets only and does not apply to the City Meet.

VI. SCORING

1. There should be one scorer from each team at the Thursday night meets.
2. Only heat 1 in each event for age groups 6 & under through 15-19 year olds will score points for the team.
3. Dual meet points: Individual 5-3-2-1 Relays 10-6-4-2

Only the 1st four places are scored in a dual meet and one team may only receive two of the four places. Places five & six in dual meets should be given a place card and ribbon and only the scorers need know that there is no score for five & six.

Example: Team A has three swimmers and Team B has two swimmers in the 6 & under freestyle. Team A's swimmers come in 2nd, 3rd, and 4th. Team B's swimmers come in 1st and 5th. Team A would receive 5 points (3-2) and Team B would receive 6 points (5-1). Team A would receive no points for 4th place and Team B would receive 4th place points. In summary, points are awarded to the top two swimmers from each club.

4. In the event of a tie, there will be 2 of the same places scored. For example, if 2 swimmers tie for first place, second place would be omitted and the third and fourth places scored.
5. In the event of a disqualification in heat #1 of any event, the score must be adjusted. The scorers are responsible for recalculating the score, even if a DQ slip is received well after the event to which it relates.

Example: If the first place swimmer in heat 1 is disqualified, second through fifth place swimmers "move up" and the points are adjusted and awarded accordingly. It is as if the disqualified first place swimmer never swam. The swimmer is also not eligible for a triple winner for that event. Ribbons, however, are to be issued as though the disqualification never occurred.

6. Scorers should give the score sheets and triple winner sheets to the league reps.
7. Scorers should give the DQ slips to their respective coaches.

VII. DISQUALIFICATION RULES

- 1 Two Stroke & Turn Judges will be arranged, provided and paid for by the league at each Thursday night dual meet in the league. A judges schedule is attached. USS certified judges will be paid \$60 per meet. Judges will be paid by the home team league representative who will be reimbursed by the league treasurer.

- 2 Host Team only has to provide the Stroke and Turn Runner. This needs to be a person with

discretion, who understands that the DQ slip should only be given to the scorer and not shown to any parent prior to presenting it to the scorer.

3. For all meets, the Stroke & Turn Judges are to follow the guidelines for USA Swimming Rules and Regulations for the current year.
4. Remember, there are two basic reasons for disqualification: (1) To keep a swimmer from gaining an unfair advantage over the other swimmers. (2) To help the swimmer learn what he/she is doing wrong so the mistake can be corrected.
5. The Stroke and Turn Judge's decision is FINAL. The two League Reps act as the liaisons between their parents and the Judges. There is NO appeals process.
6. When a swimmer is disqualified, the Stroke & Turn Judge will fill out a DQ slip and discretely get the runner's attention for the runner to take the slip to the scorer's table for that heat. Points will be adjusted, if necessary, for that event at that time. Only Heat 1 events will be judged.
7. NOTE: If an individual becomes disorderly, the host league rep may request that they leave the meet and/or the premises.

VIII. RAIN POLICY

1. In case of 100% inclement weather the day of the meet, both clubs' league reps will together confirm cancellation at 4 p.m.
2. In case of threatening weather before the meet (i.e., lightning & thunder) the meet will not be canceled before 6 p.m. The meet could be delayed up to 30 minutes (host Club pool rules apply) but would start no later than 7 p.m. This decision will be made by both clubs' league reps. Therefore it is important to go to the meet even if the weather is uncertain.
3. In case of threatening weather during the meet, both clubs' league reps decide whether to continue the meet. Pool activities will be suspended for 30 minutes after thunder is heard or lightning is seen.
4. In case of a delayed meet (or any weekly meet), the meet must still end at 10 p.m., without eliminating, skipping or changing the order of any events or heats. For example, if you are swimming "event #20, heat 2 of 4" at 10 p.m., the meet will end after that heat.
5. The meet will only be official after 33 completed events.
6. A rained out meet may be rescheduled on whatever date, location and terms are agreeable to both teams. A rescheduled meet is totally optional.

IX. HOST CLUB RESPONSIBILITIES FOR THURSDAY NIGHT MEETS

1. Wednesday: Call League Rep of Visiting Team to discuss the upcoming meet and any needs, i.e. stop watches, volunteers, etc.
2. Pool: Make sure pool is set up for the meet by 5:00 p.m. (lifeguards, lane ropes, backstroke flags, visitors' bullpen area etc.)
3. Starter System: Make sure the starter system has been charged or is charging.
4. Tables: announcer, scoring/triple winner and (awards) ribbons.
5. Chairs: set up for clerk of course behind starting blocks as space allows.
6. Stroke & Turn Judges (2): each need a heat sheet, clipboard, pen/pencil.
7. Sideline Judge (1): heat sheet, clipboard, pen/pencil.
8. Clerk of Course/Marshal (1+): heat sheet, pen/pencil.
9. Scoring Table (2): scoring sheets, triple winner sheet, pens, calculator & adequate lighting.
10. Awards table: ribbons for places 1 through 6 for all heats.
11. Place judges: place cards for 1 through 6 (home is even, away is odd).
12. Timers: 3 clipboards with heat sheets, stopwatches & pencil/pen for home team lanes
13. Hospitality: Provide ice water for all workers throughout the meet (recommended following events 10, 30, 50 and 70).
14. Concessions: Make sure food & drink is available for purchase by both clubs. Teams are not to bring coolers. Conversely, clubs are not to mark up prices for this event or to charge non-members premium prices.
15. On-site print-outs:
 - Rules & Regs (this document)
 - Team Roster (from Team Manager)
 - Heat Sheets (from Meet Manager) – minimum of 10 copies.
 - Scoring sheets (one set per team) – minimum of 2 copies.
 - Triple Winner Sheet.
 - DQ Sheets (photocopy).

- Judges Reimbursement Form.
- League Reps phone numbers.
- Head Coaches phone numbers.
- Season schedule.

X. VISITING CLUB'S RESPONSIBILITIES

1. Directions: Provide team with directions to home facility & any special instructions re: parking, etc..
2. Onsite Print-outs: A current roster and extra heat sheets other than those provided above.
3. Timers : 3 clipboards with heat sheets, stopwatches & pencil/pen for visiting team lanes
4. Volunteers: make sure your team's workers are equipped & in position between 5:45 & 6 p.m. Scorer (1), place judges (3), sideline judge (1), marshal/clerk of course (1) Timers (3).
5. Clean-up: Clean up your team's area before leaving the meet.

XI. MANPOWER REQUIREMENTS FOR THURSDAY SWIM MEETS

	<u>Host Club</u>	<u>Visiting Club</u>
1. Starter/Announcer	1	0
2. Scorer	1	1
3. Triple Winners	1	0 or 1
4. Awards	1 or 2	0
5. Place Judges	3	3
6. Sideline Judges	0	1
7. Runner for Judges	1	1
8. Clerk of Course	1	1
9. Hospitality	1	0
10. Timers (recommended, but optional)	3	3
11. Stroke & Turn Judges – 2 USA certified, assigned by league.		

XII. RIBBON INVENTORY

1 st : Blue	975 for 3meets/650 for 2 meets per season
2 nd : Red	975 for 3meets/650 for 2 meets per season
3 rd : White	975 for 3meets/650 for 2 meets per season
4 th : Yellow	600 for 3 meets/400 for 2 meets per season
5 th : Green	600 for 3 meets/400 for 2 meets per season
6 th : Pink	600 for 3 meets/400 for 2 meets per season
Total:	4,725 for 3 meets/3,150 for 2 meets per season

For each meet, allow 325 ribbons for 1st through 3rd place and 200 ribbons for 4th through 6th. (Calculation: 20 relay events X 3 heats X 4 swimmers plus 68 individual events X 3 heats.)

XIII. JOB DESCRIPTIONS

1. **Announcer/Starter**: Combining heats to expedite the meet except in the case where one swimmer would be left to swim alone. Try not to have more than 2 events in the pool at one time. Do not combine Heat 1 if possible. Announce the score twice only, halfway (after event 44) and at the end of the meet (after event 88). Note: The starter is responsible for bringing back false starts.
2. **Scorer**: Score the meet and maintain an on-going reconciliation with the scorer from the opposing team. At the end of the meet, hand the score sheet to the league rep.
3. **Triple Winner**: Enter the name of the first place winner in the first heat of each event on the line corresponding to that event. Circle the name of any swimmer who wins three or more events in his/her age group. At the end of the meet, hand the score sheet to the league rep.
4. **Awards**: Distribute place ribbons. Every child in every heat receives a ribbon.
5. **Place Judges**: Place judges (3 from each team) should stand together perpendicular to the finish line rather than over the lanes. Host team has odd numbers. Visiting team has even numbers. Place judges will be used at Thursday night meets but will not be used at the City Meet. Places in the City Meet will be determined by touch pad times.
6. **Sideline Judge**: There should be a sideline judge from the visiting team. In case of a close race, the sideline judge will have the final call. In the event of a tie, there will be two of the same places scored. For example, if 2 swimmers tie for first place, second place would be omitted and the third place points scored.
7. **Runner**: The runner takes DQ sheets from Stroke & Turn Judges to the scorers' table. S/he takes places cards from the scorers' table back to the Place Judges.

8. Clerk of Course: At the beginning of each heat, the clerk of course directs each swimmer to the correct starting block or chair behind the starting block in the lane where s/he will be swimming. As a courtesy, the visiting team may offer to provide support to the home team.

9. Hospitality: The hospitality person distributes ice water to the starter/announcer, the scorer/triple winner/awards people, the stroke & turn judges, the place judges, the sideline judges, the runner, the clerk of course, the timers and the league reps are offered ice water throughout the meet following events 10, 30, 50, and 70.

10. Timers: Each team may provide its own timers and watches. The host Club swims lanes 1, 3 & 5. The visiting club swims lanes 2, 4, & 6. As a courtesy, timers in lanes for combined heats or events should record the time for the swimmer in their lane and report it to a timer from the swimmer's team.

XIV. APPENDICES

1. Order of Events.
2. Pool Dimensions.
3. Officer Rotations.
4. City Meet Assignments (Prior Years).

XV. SEPARATE DOCUMENTS:

For Coaches & League Reps:

1. Season Schedule.
2. Stroke and Turn Judge Assignments.
3. Rules & Regs.
4. Working Heat Sheet.
5. Team Roster (print out from Team Manager).
6. Head Coach List.
7. City Meet Info.

For League Reps Only:

1. Score Sheet.
2. Triple Winner Sheet.
3. DQ Template.
4. Judges Reimbursement Form.
5. League Rep List.

ORDER OF EVENTS

Girls Event #			Boys Event #
1	8 & Under Free Relay	(100)	2
3	9 & 10 Free Relay	(100)	4
5	11 & 12 Free Relay	(200)	6
7	13 & 14 Free Relay	(200)	8
9	15 – 19 Free Relay	(200)	10
11	7 & 8 Individual Medley	Fly (100)	12
13	9 & 10 Individual Medley	Back (100)	14
15	11 & 12 Individual Medley	Breast (100)	16
17	13 & 14 Individual Medley	Free (100)	18
19	15 – 19 Individual Medley	(100)	20
21	6 & Under Freestyle	(25)	22
23	7 & 8 Freestyle	(25)	24
25	9 & 10 Freestyle	(25)	26
27	11 & 12 Freestyle	(50)	28
29	13 & 14 Freestyle	(50)	30
31	15 – 19 Freestyle	(50)	32
33	8 & Under Medley Relay	Back (100)	34
35	9 & 10 Medley Relay	Breast (100)	36
37	11 & 12 Medley Relay	Fly (200)	38
39	13 & 14 Medley Relay	Free (200)	40
41	15 – 19 Medley Relay	(200)	42
43	6 & Under Backstroke	(25)	44
45	7 & 8 Backstroke	(25)	46
47	9 & 10 Backstroke	(25)	48
49	11 & 12 Backstroke	(50)	50
51	13 & 14 Backstroke	(50)	52
53	15 – 19 Backstroke	(50)	54
55	6 & Under Breaststroke	(25)	56
57	7 & 8 Breaststroke	(25)	58
59	9 & 10 Breaststroke	(25)	60
61	11 & 12 Breaststroke	(50)	62
63	13 & 14 Breaststroke	(50)	64
65	15 – 19 Breaststroke	(50)	66
67	6 & Under Butterfly	(25)	68
79	7 & 8 Butterfly	(25)	70
71	9 & 10 Butterfly	(250)	72
73	11 & 12 Butterfly	(50)	74
75	13 & 14 Butterfly	(50)	76
77	15 – 19 Butterfly	(50)	78
79	7 & 8 Freestyle	(50)	80
81	9 & 10 Freestyle	(50)	82
83	11 & 12 Freestyle	(100)	84
85	13 & 14 Freestyle	(100)	86
87	15 – 19 Freestyle	(100)	88

MSSL POOL DIMENSIONS

Club	# Lanes	Length
Chickasaw CC	6 Lanes	25 Meters
Colonial CC	6 Lanes	25 Yards
Desoto Athletic Club		
East Memphis CC	5 Lanes	25 Meters
Germantown CC	6 Lanes	25 Yards
Memphis CC	6 Lanes	30 Meters
Racquet Club	5 Lanes	25 Yards
Rhodes	6 Lanes	25 Meters
Ridgeway CC	5 Lanes	25 Meters
Scenic Hills RC	6 Lanes	25 Meters
TPC Southwind	6 Lanes	25 Yards
University Club	6 Lanes	25 Meters
Windyke CC	6 Lanes	25 Meters
YMCA	6 Lanes	25 Yards

2008 MSSL City Meet and League Board Rotations

<u>Year</u>	<u>Club</u>	<u>Position</u>
2008	University Club (UC)	President
2008	Memphis CC (MCC)	VP/City Meet Director
2009	Germantown CC (GCC)	Treasurer/City Meet Asst
2010	Racquet Club (RAC)	Secretary
2011	East Memphis CC (EMCC)	Parliamentarian
2012	Scenic Hills RC (SHRC)	
2013	Windyke CC (WIN)	
2014	TPC Southwind (TPC)	
2015	Bluff City Bluefins (BCBF)	
2017	Ridgeway (RID)	
2018	Desoto Athletic Club (DAC)	