

Ridgetop Swim Team Handbook

Summer 2017 Season



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Welcome!

Welcome to all Ridgetop swimmers and families. We look forward to another exciting season! Our focus is on stroke improvement, healthy competition at all levels, team-work, team spirit, sportsmanship, and fun for all. The success of the program depends on the commitment that parents and swimmers bring to practices, meets, and special events.

The purpose of this handbook is to explain how the swimming program works and what to expect. We've tried to answer as many of your questions about the program as possible. However, you should also check the following websites for recent news and changes:

- the Ridgetop swim team website, swimteam.ridgetop.org
- the JRAC website, jracsummerswim.org

The swim team parent reps, Laura Biltz and Lisa Hart are volunteer coordinators and the first points of contact for all parents. To avoid confusion, it is very important that all matters related to the swim team and swim meet organization be funneled through them first. If you have a question, start with Laura and Lisa, and they'll refer you to the right person.

ActiveWorks Swim Manager

New this very year: we are using online team management software, **ActiveWorks Swim Manager**. This has been developed by Active.com, which is the owner of HyTek the company that makes the Team Manager and Meet Manager software that JRAC uses to manage swimmers and results. This will have a lot of benefits to Ridgetop Members. For one thing, you will be able to register (and pay) for swim team membership online, but most importantly, once registered, you will have a Swim Portal where you can manage the information for your child(ren), view meet results and best times, manage your volunteer and meet commitments. By entering your cell phone number during the registration process, you will automatically receive text alerts that will normally be used for weather-related announcements like practice cancellations or meet delays. Optionally you can also enter a cell phone number for your child so s/he can also receive such alerts.

You will manage all your information from the Swim Portal that is created when you register one or more children for the club. The link is below.

- Your swim portal: <https://swimportal.active.com/?a=284176011>

Ridgetop Goals for Swimmers

Why join the swim team? Childhood summers are a magical time, and perhaps no other activity evokes summertime quite like swimming in the neighborhood pool. The Ridgetop coaches wish to impart their love of the

sport of competitive swimming to team members in a fun and low-stress environment.

More specifically, the goal of the coaches for each and every member of the team is:

- stroke improvement;
- healthy competition at ALL levels from Novice to XX;
- promotion of sportsmanship, team-work and team spirit; and
- to have FUN while swimming!

How about goals that each swimmer should have for his or herself? Check out the list below.

Legal Strokes

Perhaps the first measure of mastery in competitive swimming the ability to ***complete all the events consistently without disqualification***. It isn't an easy task! Swimming is an incredibly technical sport and even swimmers with MANY years of experience will occasionally see the dreaded raised arm of a Stroke and Turn judge, signaling a disqualification.

Your coaches will enter you in a wide variety of events, including all the strokes. We will not enter you in an event unless we believe you have fighting chance of doing the race legally. Go for it and don't take it for granted: celebrate it each time it happens.

Please refer to page 18 for a list of common stroke infractions. In increasing order of difficulty the strokes are probably: free, back, fly, breast. Once you can do the 100 IM reliably without a DQ, that means you've truly arrived as a competitive swimmer! But again: never take it for granted: even experienced swimmers receive an occasional DQ.

Time Improvement

Competition is wonderful when it spurs greater effort and achievement, but ultimately ***progress in swimming is measured by time improvements***. The clock doesn't lie! It is better achievement to get 2nd with a personal best than to win with a poor time.

The coaches encourage Ridgetop swimmers to pay attention to the clock in practice and at meets. Track your progress in each of the six meets. Check out your swims in the My Best Times list on the website, a list that includes swims from the current and previous two seasons. Celebrate each time improvement!! After every meet, the coaches will celebrate swimmers who achieved large time drops.

Achieving Time Standards

Competition occurs in the following speed classifications: Novice, Regular, X and XX. In addition, there are qualification time standards for the JRAC Championship meet, although achieving this standard simply means you

are eligible to compete and does not guarantee a spot on the roster because of entry limits for each event. So one tangible goal for your swimmer is to **achieve the next fastest time standard** beyond his or her current level in an event.

Time standards can be very motivational. Set a difficult but achievable goal and work toward it. Perhaps that goal is to achieve your first “Regular” standard, or perhaps it is to achieve all XX standards. There is something for everyone.

Advancing your speed classification is also a very tangible way in which you can help the team score points in dual meets. Basically, the more R, X and XX swimmers we have, the more competitive the team will be.

Racing Against Others

Although swimmers compete against the clock, there is no denying that placing well in a race is satisfying all by itself. As long as you are careful not to define your successes and failures too strongly in terms of your competition, racing is very healthy because it can spur swimmers to greater achievements. Avoid “swimming down” to level of the competition and don’t feel too upset to lose to a superior opponent. Use race results as a goad for harder work and future improvement.

After every meet there will be a recap that announces the triple and quadruple winners for the meet. For some people this recognition occurs regularly while for others it may happen just once in a swimming career, if at all. Congratulate those who achieve this success and be happy if it happens to you.

At Ridgetop we also track the team records and the all-time top 10 swims; current versions are listed on the website, while the records at the start of this season are listed on page 23. For the very best swimmers, achieving these times might be a good way to stay motivated to work hard for continued improvement.

Sportsmanship and Team

Great athletes derive inspiration from the achievements of the entire team, and are gracious in both winning and losing. Throughout the season the coaches will be emphasizing team-building and the concepts of good sportsmanship:

- be aware of your teammates goals and achievements, encourage them in their efforts and praise them when they achieve a significant milestone;
- celebrate your achievements but also congratulate your rivals on their efforts;

More generally, we expect that all team members—swimmers, parents, coaches—will abide by our team’s Code of Conduct, as outlined on page 13.

Above all else, always remember that *summer swimming is fun!* The swimmers are outside in lovely weather while pursuing a healthy activity with current and future friends. *What’s not to love?*

Ridgetop Pre-Team

Young swimmers have a wonderful opportunity to develop their strokes by joining Ridgetop's pre-team. **Pre-teamers** consist of kids who are new to competitive swimming and cannot handle regular practices. The goal of pre-team is to introduce a child to competitive swimming and possibly to serve as a bridge to joining the regular team the following season. Pre-teamers will also be invited to participate in the final two meets of the season.

To participate on the pre-team, children must be able to swim one length of the pool (25 meters) of freestyle and backstroke without assistance and without distress. The coaches will determine if a child meets this criteria at the first practice of the regular season. Members of the pre-team are encouraged to compete in the final two meets of the season. Pre-team practices are a shortened version of swim team practice, and are scheduled for Monday, Wednesday and Fridays from 11-11:30am beginning of the Regular Season. The registration fee is \$65 regardless of how many sessions your child attends and/or whether your child actually swims in a meet.

Practice Schedule

The summer league season is divided into three parts: (i) four weeks of *pre-season*, before school lets out; (ii) five weeks of *regular season*, when most of the meets are held; and (iii) *championship week*, involving only those swimmers who are swimming in the JRAC championship meet.

Pre-Season: May 22–June 16

Practices will be held M-F in the afternoons:

- 3:30–4:15pm practice for 8 and unders
- 4:15–5:15pm for 9–11 year-olds, and any younger kids who have a late school dismissal
- 5:15–6:25pm for swimmers 12 and older

Pre-season practices will usually include a dryland conditioning component. **There are no pre-team practices during pre-season.**

Regular Season: June 19–July 21

Regular morning practices are Mon, Wed, Thurs and Friday:

- 8–9am for the 9–11 year olds
- 9–9:45am for the 8 and unders
- 9:45–11am for the 12 and older
- 11–11:30am for pre-team (MWF only)

Tuesdays after meets are a fun practice:

- 9-10am for the 10 and unders (games first, then ribbons)
- 10am doughnuts for the entire team
- 10-11am 11 and older (ribbons first, then games)

On **Saturday mornings** during the regular season we will also hold **Boss Hoss Practices** for strong swimmers 10 and older. These are more challenging workouts that usually run 3000-4000 meters and run at a faster pace than usual. If you are not sure if your child is ready for a Boss Hoss practice, please contact a coach.

Afternoon practices are held Wednesday, Thursday and Friday during the regular season, 5-6pm for all ages. These are intended to be make-up practices for swimmers who cannot make morning practices in a given week due to other commitments. Since there is less lane space available in the afternoon, swimmers are encouraged to make morning practices when possible.

Championship Week: July 22-26

Members of the championship team will be announced just prior to Champs week.

- There will be a Saturday practice 8:30-10am for ALL swimmers on the Champs team
- Mon-Tues 8:30-9:30am for 10 & unders, 9:30-11am for 11 & older
- Wed: JRAC Championship meet at SwimRVA

James River Aquatic Club (JRAC)

Since 2006, Ridgetop has been a member of the JRAC swimming league, which is comprised of 20 teams and divided into 3 divisions (6 teams in Blue, 6 in Red, and 8 in White). Ridgetop is returning to the RED division this summer. JRAC is governed by officers and parent reps; our reps are listed on page 21.

Classification of Swimmers by Age

The JRAC classifies swimmers according to their age groups and ability. Age for competition is determined by the swimmer's age on June 1, so even if a swimmer "ages out" of an age group after June 1, in competition s/he remains in that group for the remainder of the summer season.

- Mites: 8 and under
- Midgets: 9-10
- Juniors: 11-12

- Intermediates: 13-14
- Seniors: 15-18

Competitive Classification for Swimmers

Within their age groups, swimmers compete under the following classifications:

- **Novice.** A swimmer is Novice in an event until s/he equals or surpasses the Regular qualifying time for that event in a competitive meet. In dual meets, there are unlimited heats of Novice in all events except 100 IM. A swimmer with a Novice time may be moved up by a coach to compete in the Regular heat. At dual meets, there is only one heat of Regular (three swimmers from each team).
- **Regular.** A swimmer is Regular in an event until s/he equals or surpasses the X qualifying time for that event in a JRAC meet.
- **X.** A swimmer is X in an event until he/she equals or surpasses the XX qualifying time for that event in a JRAC meet.
- **XX.** This is the highest classification in the JRAC system.

Once a swimmer attains a Regular, X or XX time in an event, s/he must continue to compete in that category until s/he attains a time that meets or surpasses the next classification level. Classifications are valid for two seasons within an age group. Swimmers compete against other swimmers within the same gender, age group, and competitive classification. These classifications are designed to group swimmers as fairly as possible and to motivate them to push to their capacity.

Swim Meets

2017 Meet Schedule

The times listed below are *meet start times*; warm-up times will begin 45 minutes earlier. In the days leading up to the meet, an email will be sent out with instructions specific to that meet, such as directions and parking instructions. Swimmers should arrive well before warm-ups in order to secure a good place to park and to sit during the meet. Note that times are subject to change.

Date	Opponent	Location	Time
June 11	Lakeside	home	3:00pm
June 19	Avalon	home	6:30pm
June 26	Three Chopt	away	6:30pm
July 3	Ginter Park	away	6:30pm
July 10	Richmond Country Club	home (Senior Night)	6:30pm
July 17	Avalon	away	6:30pm
July 26	JRAC Champs	SwimRVA	9am

The order of events all meets are given starting on page 29.

JRAC Swim Meet Rules

1. Meets will be run in accordance with the most recent United States Swimming Code, with the exception of the 'One False Start' Rule as used by USS. A swimmer will not be disqualified until the second false start in the same event.
2. No person officiating or working a JRAC swim meet shall be allowed to partake or be under the influence of alcoholic beverages or illegal drugs during the meet. After being warned by the Referee of the infraction, the offending team must comply or may be asked to forfeit the meet. No smoking is permitted on the deck during a JRAC swim meet.
3. Intentional and obvious swimming below a swimmer's ability will be grounds for disqualification of that swimmer in that event.
4. All events are seeded slowest to fastest.
5. There may not be more than 2 boys on any relay (dual meets and champs). JRAC does not have different classifications for relays at dual meets. In dual meets, each team can have 3 relays per age group. Most relays are swum at the end of the meet (a heat of 9-10 relays, a heat of 11-12, a heat of 13-14, a heat of 15-18). At Champs, there are both Novice and Regular relays.
6. Mite relays are the first event at dual meets.
7. All swimmers must be certified as members in good standing of the club and be registered with JRAC.
8. An individual swimmer may not be entered in more than 4 events at a dual meet (3 individual and a relay). A swimmer may not be entered in more than 5 events at Champs (no more than 4 of those may be individual).
9. In all meets, a time card shall be handed to the timer by the swimmer for each event that s/he swims.
10. At dual meets, Novice events are now done back-to-back, with unlimited heats. There is only one heat of Novice IM in dual meets (3 swimmers per team), but no Novice IM in Champs. In all other events, for Regular, X, and XX, each team is limited to 3 entries at dual meets.

Routine for Day of the Meet

Swimmer's Routine for the Day of the Meet

- Attend practice the morning of the meet.
- For the rest of the day, avoid physical activity and stay out of the sun. Enjoy reading, writing, weaving, or Wii.

- Avoid junk food and carbonated beverages. Drink plenty of water.
- Be at meets on time. Allow travel time for away meets. Be ready for warm-ups. Please arrive 15 minutes before scheduled warm-up time.
- Bring to the meet: swimsuit, cap, goggles, towels, nutritious snacks, water bottle, dry clothes (t-shirt and/or sweats), a Sharpie marker, some cash, and your game face.

Parent's Routine for the Day of the Meet

- The first swim meet is always chaotic: lots of new swimmers and parents and little time to prepare. If you are new to swimming, it can be confusing. Experienced swimmers and parents are glad to help out, so call on them. New swimmers/parents benefit from tagging along with an experienced swimmer/parent. After the first meet it will be easier to understand the routine and pace of swim meets.
- Bring snacks and drinks (coolers OK) or plan to purchase snacks at pools. Swimmers get hungry and thirsty
- **Don't forget Bake Sale Item for all home swim meets.**
- Bring more than one towel for every swimmer. As the sun sets, wet bodies get cold, even on a hot day.
- Bring your own chair, if desired.
- Cell phones are also useful!
- Double check your child's event numbers, and write them on your child's hand with a Sharpie marker.
- Meet workers should come to sign-in table near upper level of clubhouse to sign-in and get name-tag. This will help us know who is there.
- If scheduled to work during the meet, report to the head of that area as follows: 1st half of the meet—6:15pm, 2nd half of the meet—listen for announcer to call 2nd half workers.
- **If you leave a meet before relays, make sure your child is NOT in a relay. If one swimmer on a relay team is missing, the entire relay team has to be scratched. Relays are posted!**
- If your child is unable to swim that night, let the coaches know as early as possible so they can arrange to make substitutions.

Swim Meet Procedures

1. Arrive on time! Be there 15 minutes before warm-ups start, allow time for parking (it can get crowded and settling in).
2. Congregate in the Ridgetop designated area.

3. Know your event numbers. You may want to write your event numbers on your hand. This is especially helpful for young or new swimmers. Event numbers are posted before each meet at home meets on the fence beside the creek.
4. Warm-up following the coaches' instructions.
5. Note the location of Clerk-of-Course at away meets. At home meets s/he is on benches inside the baby pool area.
6. Stay in the Ridgetop team area and be ready for your events.
7. Listen to the announcer. He/she will keep everyone informed of the current event and heat number and will announce when swimmers in upcoming events should report to the Clerk of Course.
8. When the announcer calls your child's event number, your child should report first to the Check-in table (just outside the baby pool area near the fence/baby swing at home meets) to get a card, then go directly to the Clerk of Course (in the baby pool at home meets) with card in hand. It's the swimmer's responsibility to get to the Clerk on time! Mite parents should assist their swimmers to get to the Clerk of Course on time.
9. After swimming, return to the Ridgetop team area. Listen to the announcer for your next event and for overall team scores.
10. Swim team scores and individual swimming times are posted on a designated wall as the meet progresses. They are first tabulated and verified by the table workers, which takes awhile. If you leave a meet before all results are posted, they will be available during practice the next day. Ribbons are given out with juice and doughnuts the next day.
11. Before leaving the meet be sure you are NOT needed for a relay. Relays are posted on the fence.
12. Please leave the pool area free of litter at Home and Away meets. Also be responsible for your own belongings (e.g., goggles, towels).
13. Appropriate behavior is always expected. At home meets, please be helpful and make the visiting team feel welcome. At away meets, be polite guests.

Team Swimsuits and Caps

Ridgetop swim team attire should be worn at all swim meets. Please order our team suits early through the Virginia Swim Shop, 754-3402, located at 12207 Gayton Rd (at the NOVA Aquatics Center). One free team swim cap will be given to each swimmer at the beginning of the season. Additional caps are \$3.00 each. Team swimsuits and caps are strongly encouraged for team spirit and identity. **JRAC prohibits swimmers from wearing a cap representing their USA-S club team.**

JRAC Championship

JRAC sponsors a championship meet at the end of the regular season. Any swimmer who meets the Champs Qualifying time in a particular event during the regular season is ELIGIBLE to swim that event at champs, but that does not mean it is a guarantee that s/he will. It must be noted that there are some limitations on entries that govern how the coaches select swimmers for particular events:

- In order to swim an event at Champs, the swimmer must have achieved a Champs qualifying time in that event in a JRAC swim meet sometime during the summer season of Champs.
- The competitive classification—Novice, R, X, or XX—is determined by the best time achieved during the season or in the two prior seasons.
- Each individual may swim no more than 5 events over the course of the two days (2 individual and 3 relays, 3 individual and 2 relays, or 4 individual and 1 relay).
- A swimmer must have a novice time to swim on a novice relay. Regular relays can have any combination of novice, regular, X or XX swimmers. All relay teams must be comprised of at least 2 females.
- Each team in the league can enter 2 swimmers in each time category and event (i.e. 11–12 girls 50 free, each team is allowed 2 entries in the novice 50 free category, 2 entries in the regular category, 2 in the X category, and 2 in the XX category, for a maximum of 8 girls in the 50 free for that age group).

The coaches will do their best to ensure that each swimmer who qualifies for champs and wants to attend champs will, but final decisions about who swims in which events will be at the discretion of the coaching staff and done in a manner that will yield the maximum benefit to the overall team performance. Swimming in the Championship Meet is a privilege and not a right, and the opportunity is earned through the course of the season. The championship team and their events will be posted on Saturday morning the weekend before the meet. Alternates will be selected and can practice with the championship team from that point forward. Champs will be indoors, but kids will sit outside when not competing. RT will have a tent at the meet so that swimmers will have a place to rest and stay cool between events. The meet concludes with relays. Trophies to the top six teams are awarded at the conclusion of the meet.

Our coaches would like to ask swimmers and parents to make championships a priority! The JRAC Championship meet is the culmination of 10 weeks of hard work, so please keep this date in mind when you are planning vacations this summer. If you have a choice between missing a meet this summer or Champs, it would be better to miss one of the meets rather than Champs. **Please keep this day free this summer.**

Ridgetop Swimming Code of Conduct

1. We will represent Ridgetop with dignity and pride, in both our appearance and our actions.
 - We will wear the Ridgetop team suit and cap at meets.
 - We will promote team spirit in positive ways.
 - We will speak positively about our team and show Riptide pride.
2. We will treat all swimmers, parents, coaches, and officials with respect.
3. We will consider the impact of our actions on the welfare of the team.
 - If a Riptide swimmer is positive, then it reflects well on the team.
 - If a Riptide swimmer is negative, then it reflects poorly on the team.
 - If a Riptide swimmer abandons a relay, it hurts the relay and the team.
 - If a Riptide swimmer cheers for a teammate, it promotes team unity.
4. We will always compete to the best of our ability.
5. We will express joy and disappointment in a polite manner.
 - We will be equally gracious in victory and in defeat.
 - If we shake hands when we win, we should shake hands when we don't win.
6. Boasting, bragging, taunting, fighting, rude language, and crass behavior (for example, obnoxious belching) will NOT be a part of the Ridgetop tradition.
7. We will bring any grievance, questions, or concerns about meet conduct (I.e. officiating, disqualifications, etc.) to the attention of the Ridgetop coaching staff. The chain of command is as follows:
 - a) Swimmers and parents bring concerns to coaches.
 - b) Coaches bring concerns to the meet referee.
 - c) Referee settles disputes and reports back to coaches.
 - d) Strokes & Turns judges are only approached by referee.

We expect swimmers to follow this code of conduct during meets and in all practices. Failure to follow these standards during practice will result in removal from practice. Two removals due to bad behavior will result in swimmer losing the privilege of representing Ridgetop at the next meet.

Swim Team Parental Duties

Volunteering

Parents are essential to the running of swim meets. ***Each family is required to volunteer for five shifts*** (approximately 10 hours). We ask that an adult from each family work one half of each of the home meets (i.e. three sessions or “shifts”) and one half of two away meets (two shifts). The length of each shift is approximately two hours, but that will depend on the size of the meet and any weather delays that may occur.

Home meets require more volunteers than away meets. Most jobs during a meet are divided into two shifts: 1st half and 2nd half. When you volunteer to help with a specific position, you will be scheduled to work according to the dates and times you prefer (if possible). Make sure that your assigned time is convenient for you. If you need to change your schedule, please call another worker to swap times and then notify the head worker.

You manage your volunteer duties from your Swim Portal. Please contact Laura Biltz (lrbiltz@verizon.net or call/text 370-6772) if you have any questions or problems. Managing volunteers is a huge part of Laura’s job, so please be considerate and schedule your volunteer times as soon as possible, and do not cancel at the last minute. If a last minute cancellation is unavoidable, please arrange for your spouse or another team parent to replace you.

Below is a list of possible volunteer opportunities.

- **Meet Director:** Organize meet to include parking and traffic control, pool preparation and seating, communication with visiting team. He/she will take water to workers during home meets.
- **Referee:**¹ Supervise competitions to assure that meets are run fairly, equitably and according to the rules and regulations of United States Swimming. Settle any differences and make final decisions about any disputes during a meet.
- **Strokes & Turns Judges:**¹ Determines if strokes are being done correctly and has the authority to disqualify a swimmer.
- **Starter:**¹ Operates the starting system for all events, signals timers before events begin.
- **Computer Input:** Works on computer to update team roster, generate computer cards for each swimmer’s events, enters swim meet results.
- **Head Timer:**¹ Organize timers and operate backup watches. Ensures that runners receive time cards after each event.
- **Head Clerk of Course:**¹ Organize swimmers in heats and lanes based on times and competitive classification, send swimmers to the blocks.
- **Head Table Worker:**¹ Assumes responsibility for ribbon inventory and table supplies. Coordinates table workers.

¹Must attend a certification clinic

- **Timer:** Assigned a lane with 2 other timers. Time the swimmer in your lane, record the time on the time card, hand it to the runner for collection.
- **Assistant Table Workers:** Help the Head Table Worker.
- **Registrar:** In charge of collecting checks/swimmer registration.
- **Check-in Desk:** In charge of distributing cards to swimmers.
- **Runners:** Retrieves cards from the timers, strokes and turns judges and referee. Also takes cards to the head table for sorting.
- **Announcer:** Calls swimmers to report to swimming events, and announces results and other important information at home meets.
- **Bake Sale:** Coordinates bake sale.
- **Doughnut Parent:** Coordinates doughnuts and juice for fun practices.
- **Swim Team Banquet Coordinator:** Coordinates end-of-season swim team banquet.
- **Championships:** If your child goes to champs, you will be required to volunteer (timers, food, tent assembly, clean-up, etc.). Ridgetop will also receive an assignment from the JRAC and parents will be required to fulfill those obligations.

As indicated, certain volunteer positions require certification with JRAC. Certification clinics occur before the season starts, usually in May; check the JRAC website (jracsommerswim.org) for details.

Thank you for contributing your time and effort in support of a positive season for the Ridgetop Swim Team!

Parenting and Coaching

A key component to an athlete's healthy swimming experience is the building of a positive relationship between parents and coaches. Each has important roles in supporting a swimmer. A coach is there to teach, assess, nudge, and inspire. As a parent, the most important thing you can do is provide unconditional love and support for your child, regardless of the outcome. Children need that support as they learn to swim a new event and navigate the ups and downs of meets.

It is helpful for parents to realize some key things about a coach's responsibilities. There is more to coaching than meets the eye. Beyond the hours on the pool deck, a coach's time and energy is spent planning appropriate workouts and fun activities, consulting with the coaching staff about each swimmer's progress, seeding for meets and other key administrative duties, and returning phone calls and emails. They must also prepare the pool anew each day so that practice can be conducted in an organized, safe manner.

Your coaches at Ridgetop have a unique appreciation for the benefits of summer league swimming because of their backgrounds. They are grateful

for the experiences that they had growing up as competitive swimmers and they are here to share that passion with your children.

The coaches want to help each child reach individual goals in a team-oriented atmosphere. Individual goals must be balanced with team goals, and coaches often have to make difficult decisions about event selection for meets. As with any large team, there will be some situations where team welfare will outweigh individual preferences.

Keeping this in mind, here are some key things that you can do as a parent to support the coaching staff and ultimately help your child grow and achieve in the sport:

- Get your children to practice on time.
- Trust the coaches and let them do the coaching.
- Respect and support the decisions of the coaches.
- Stay off the pool deck during practice. Stay in the background.
- Volunteer at meets.
- Be there to support your child and not to add pressure.
- Focus on effort, improvement, and goals within your child's control.
- Support team activities.
- Encourage your children to speak to a coach if they have concerns or want to request a particular event for a meet.

Meet Absences

The coaches work very hard on meet line-ups in order to provide swimmers the opportunity to swim a variety of events (within their ability to do so legally), to score points for the team, and to qualify for Champs. In every meet, some events are limited to only a few swimmers. When a swimmer is unexpectedly absent, it may deprive other swimmers from the opportunity to swim that event.

Therefore it is crucial that you inform the coaches as soon as you know that your child will be absent from a meet. Obviously unexpected illness or injuries can cause a swimmer to withdraw at the last minute, but ***foreseeable absences must be communicated as soon as possible***. To do otherwise is a disservice to the team.

Meet absence lists will be posted on the team bulletin board (next to the snack bar) and also on the swim team website on the "Meet Schedule" page. You can let us know of an absence either by adding your name to the appropriate list on the bulletin board, or by emailing the head coach.

The website will tend to have the more up-to-date information; the list on the bulletin board will be removed a few days prior to the meet, once the initial line-up has been determined. If you see an error in either list, please let the head coach know by email ASAP.

Swim Team Communications

Easy communication to/from team members is vital. Please be sure that you have provided an accurate email address and cell phone number when registering; you can update or correct this information from your Swim Portal. If you wish, you can also provide your child's email address and/or cell phone number so s/he can receive team communications.

Text Alerts

Text messages will be reserved for time-sensitive or urgent messages, which are often due to something weather related such as delays or cancellations of practices or meets, or some important late-breaking news item.

Email Communications

Periodic emails will be sent to the email address that you supplied when you registered your child for the team; if you have additions or corrections, please contact Chris at christevenson@gmail.com. Once pre-season starts there will be at least one email per week sent out to team members; if you are not receiving these message, please check your spam folders and also check with the team Registrar (see page 21) that we have your correct email address.

At some point during pre-season—probably about one week before the first meet—the email contact list will be purged and limited ONLY to people who are currently registered with the team. This is done to avoid sending messages to former members who no longer wish to receive them. Communication is important, so please be sure to register for the team and provide valid email addresses when doing so.

Of course, coaches and reps are also available by email or phone; please check page 21—or the website—for contact information.

Website

The swim team maintains a website at swimteam.ridgetop.org. Once the season is underway, there will be several posts per week, including meet results. The most important of these will be duplicated in email blasts but the website may contain more details. The website also contains important information and websites. You should bookmark it and check regularly.

Fundraising

Fundraising is an important way to keep our team fees as low as possible. We have several important fundraising initiatives for the summer; since your kids will be burning a lot of calories in the pool, it is fitting that many of them involve food!

- We will have two spirit nights at **Chick Fil A** to benefit our Ridgetop Rip-tides. Please make sure you mention RT and a portion of your purchase will be given to our team. The dates are **June 30th**, and **July 21st**.
- We will be having a spirit night at Panera on Parham Rd on Wednesday, June 21st. A flier will be posted on the site closer to the date. Please print it and bring it with you when purchasing.
- We have a tentative picture day scheduled for June 21st as well which is still subject to change at this time. Please plan on being available at 4:30pm that afternoon for team and individual pictures.
- There are plans to partner with Boyers in July, this date will be advertised once confirmed.
- **Bake Sales** at each home meet; please bring cookies, brownies, or other baked good.
- We are excited to welcome back **Quiznos** and **Kona Ice** at our home meets this season. Take a night off from cooking and make sure you support our team by purchasing these items!
- We are super excited to announce that during our home meets we will also be selling Chick Fil A sandwiches and nuggets. They will be in a very limited supply, so buy it early.

See Laura Biltz or Lisa Hart for more information.

Competitive Swimming Strokes

The four basic strokes are the **backstroke**, **breaststroke**, **butterfly**, and **freestyle**. The **individual medley** (or IM) is a combination of all four strokes in one event. 100 IM order is fly-back-breast-free; medley relay order is back-breast-fly-free. Each stroke has specific criteria that must be met in order to be considered as proper technique. This can apply to starts, turns and finishes as well.

During competitive meets, there are Strokes & Turns Judges who will watch the swimmers during their events and disqualify those who employ improper techniques. Disqualification means the swimmer's time will NOT count for that particular event and cannot be scored. ***Disqualifications are very common***, especially with younger swimmers, and should be considered part of the learning experience and should NOT be a source of embarrassment. Please speak to your coach concerning a disqualification if you have questions. **Do not approach a Strokes & Turns judge while on the pool deck or off duty.**

In dual meets, freestyle and one other stroke are designated as 'novice' events. That means that there is no limit on the number of entries for the designated stroke. However, based on our observations at practice, the Ridgetop coaches will not enter swimmers in an event if we feel that there is no chance that the swimmer will swim the stroke legally. Borderline cases—where a swimmer **SOMETIMES** swims legally in practice—will be entered.

Common Sources of Disqualifications

By the end of a meet, the coach will be given the DQ cards that lists the reasons that each swimmer was disqualified. Below are some of the most common reasons. As mentioned, this should be part of the learning experience for younger swimmers as they master the competitive strokes. Work with the coaches in practice to correct the source of a disqualification.

One general comment that applies to all the events: although obviously pulling on the lane line is a source of disqualification, simply stopping and using the lane line to breathe (eg if a swimmer swallowed some water) need not necessarily lead to disqualification. It depends on whether the judge feels the swimmer used the lane line to advance his/her position, or if the swimmer 'broke stroke' sufficiently when stopping or re-starting the swim.

Also realize that, while Stroke & Turn Judges are trained to be consistent, they are only human and can sometimes miss a source of disqualification. Do not construe a failure to be disqualified in a single meet as an indication that a stroke has been mastered, at least not until the event can be swum consistently without disqualification.

The order of difficulty of the strokes—in terms of performing them legally—is freestyle → backstroke → butterfly → breaststroke. Note: While butterfly is the more tiring stroke for many, breaststroke leads to more disqualifications.

Common Freestyle Disqualifications

- Pulling on the lane line to advance position.
- Not touching the wall on a turn.
- Walking/pushing off the bottom of the pool.

Common Backstroke Disqualifications

- Pulling on the lane line to advance position.
- Does not stay on back while swimming.
- Turning over too early during a flip turn (taking two or more freestyle strokes, kicking/pausing too long before turning). Judges refer to this as swimming/kicking 'on the breast.'
- Missed touching the wall with some part of the body.
- Pushing off a turn 'on the breast' (instead of on the back).
- Turning over ('on the breast') before finishing the race.

Common Butterfly Disqualifications

- Non-simultaneous leg/feet movement: flutter kick, breast stroke kick. Feet **cannot** alternate in relation to one another.

- Non-simultaneous arm movement: freestyle, doggy paddle, breaststroke pull.
- Arms are not coming out of the water (need to see elbows).
- Arm movement is not simultaneous: rotating shoulders, freestyle stroke.
- Underwater recovery: taking additional strokes under the water.
- One hand or non-simultaneous touch on finish or turns.

Common Breaststroke Disqualifications

- Initial flutter or scissor kick on the start.
- Non-simultaneous arm movement (doggy paddle).
- Non-simultaneous leg movement (flutter kick).
- During the kick: both feet NOT turning outward during propulsive part of the kick movement. (Dolphin instead of frog kick.)
- Pulling past the hipline. Exception: this is allowed during the first stroke after the start and each turn.
- One hand or non-simultaneous touch on finish or turns.

Common Individual Medley Disqualifications

- Swims the stroke cycle out of sequence.
- Backstroke to breaststroke turn: turning over ('on the breast') before the touch. A flip-turn from back-to-breast is a DQ.
- Rules for individual strokes apply in swimming the individual medley.

James River Aquatic Club Michael J. Stott Scholarship

The Stott Scholarship will be awarded at the JRAC Swim and/or Dive Championships to one or more 2016 graduating high school seniors who have participated in JRAC member club aquatics programs for no less than five years. Interested seniors are encouraged to apply. Those seniors who will be unavailable for the championship presentation ceremony are asked by the committee NOT to apply.

- *Character Qualities:* The Stott Scholarship is awarded to the swimmer or diver who demonstrates dedication to the sport of swimming and/or diving and loyalty to the athlete's JRAC team. The scholarship winner continuously strives to make the most of his/her abilities, vigorously pursues his/her goals and dreams, and competes in a way that sets high personal and teammate standards. The scholarship winner leads by example and demonstrates that hard work and dedication may lead to new levels of personal accomplishment. The winner represents the best

of what swimming and diving are all about in the James River Aquatic Club.

Winners of the Stott Scholarship will have demonstrated the following qualities, primarily through their involvement in JRAC aquatics, but also in school and community: **dedication, determination, integrity, leadership, scholarship, service, sportsmanship.**

- *Selection Process:* The Selection Committee bases its decision on careful consideration of the application materials and determines the number and amount of scholarships annually, dependent on availability of funds and the quality of the candidate pool. In past years, the number of scholarships has varied from 4-8 and the amount of the scholarship has varied from \$500 to \$1500.
- *Apply:* Download the application from the league website (jracsommerswim.org) and mail before July 1.

Aquatics Directory

Daily Operations	Swim Club Mgmt	285-3513	Cory.baldwin@swimclubmanagement.com
Aquatics Board Rep	Randy Biltz	512-3448	rbiltz@stewartinc.com
Head Swim Coach	Chris Stevenson	332-4339	chris1stevenson@gmail.com
Asst Swim Coach	Mali Kobelja	260-418-1880	malikobelja@gmail.com
Asst Swim Coach	Charlie Prideaux	873-8599	charlie9@vt.edu
Swim Coach Intern	Schuyler Biltz	229-0613	schuylerbiltz@gmail.com
JRAC Voting Rep	Laura Biltz	370-6772	lrbiltz@verizon.net
Swimming Rep	Lisa Hart	282-1017	lisahhart@msn.com
Registrar	Susanna Payne	287-8550	susannapayne@yahoo.com
Swim Suit Rep	Virginia Swim Shop	754-3402	vaswimshop@novaswim.org

Your Ridgetop Swim Coaches

Chris Stevenson comes back for his fourth year as head swim coach at Ridgetop! Chris started swimming competitively in a summer league when he was 7 years old...and has been swimming ever since. He is a 1986 graduate of the University of North Carolina, where he competed for 4 years and was a two-time honorable mention All-American. In 1984 he represented Greece in the Summer Olympics, finishing 12th in the 100 butterfly; he still competes competitively in masters swimming events. Chris has a BS in Chemistry from UNC and a PhD in Analytical Chemistry from the University of Florida. He has been a chemistry professor at the University of Richmond since 1993. Chris has one son, Ian (18), who is active on the Ridgetop swim team.

Amalia (Mali) Kobelja also comes back for her third year as a Ridgetop coach! Hailing from Fort Wayne, IN, Mali joins us after a stellar four-year career swimming for the University of Richmond. Her swimming accolades are too numerous to mention here, but include being named Atlantic 10 Performer of the Year (twice) and being honored as the A10 Scholar-Athlete of the year (twice). She graduated Summa Cum Laude from UR in 2014 with

a BA in Biology. Mali currently teaches 6th and 7th grade life science at Hungary Creek Middle School and is the head coach at the Northside YMCA, and is pursuing a Masters of Education in Curriculum and Instruction at the University of Richmond.

We are excited to introduce **Charlie Prideaux** as a Ridgetop coach this summer! Charlie joined the Ridgetop swim team as a pre-teamer and concluded his 13-year career with the team in 2016. Charlie received multiple best attitude and most improved trophies, and was the 2016 recipient of the Holland award, our team's most prestigious award given annually to the single swimmer who has been the most committed to the ideals of our team. He graduated from Douglas Freeman in 2016 where he was captain of the cross-country team and a member of the National Honor Society. He is also a proud eagle scout of troop 799. Charlie just completed his first year at Virginia Tech where he competed on the running club and swim club.

Schuyler Biltz returns for her second year as our swim coach intern! Schuyler joined the RT swim team in 2005 as a pre-teamer and has swam every season since. On top of her numerous Ridgetop Top 10 swims, Schuyler has annually received an end-of-the-season award, including nine High-Points, and currently holds 14 team records (7 individual, 7 relays). Beyond her numerous swimming accolades, Schuyler has been a model Ridgetop swimmer: she was the 2014 recipient of Holland Award, our team's most prestigious award given annually to the single swimmer who has been the most committed to the ideals of our team. She is currently attending and is very involved at Glen Allen High School.

Ridgetop Records (SCM, as of June 1, 2017)**Girls Records**

8 & U	25 Free	17.33	7/5/16	Molly Slemen
8 & U	25 Back	20.91	6/30/08	Schuyler Biltz
8 & U	25 Breast	24.92	7/30/05	Athena Post
8 & U	25 Fly	19.38	7/25/08	Schuyler Biltz
9-10	50 Free	31.96	7/27/12	Kate Farmer
9-10	50 Back	39.09	7/29/10	Schuyler Biltz
9-10	50 Breast	45.59	7/29/10	Schuyler Biltz
9-10	50 Fly	36.16	7/12/10	Schuyler Biltz
9-10	100 IM	1:24.50	6/10/12	Kate Farmer
11-12	50 Free	29.97	6/30/14	Kate Farmer
11-12	50 Back	35.18	6/08/14	Kate Farmer
11-12	50 Breast	39.86	7/28/11	Zoe Trenz
11-12	50 Fly	34.17	7/28/11	Schuyler Biltz
11-12	100 IM	1:16.28	7/28/11	Zoe Trenz
13-14	50 Free	29.80	7/24/14	Schuyler Biltz
13-14	100 Free	1:04.92	6/29/15	Kate Farmer
13-14	50 Back	32.99	7/25/13	Zoe Trenz
13-14	50 Breast	40.18	7/28/16	Taylor Biltz
13-14	100 Breast	1:20.48	7/28/11	Abby Holland
13-14	50 Fly	31.07	7/25/13	Zoe Trenz
13-14	100 IM	1:11.89	7/25/13	Zoe Trenz
15-18	50 Free	27.99	7/23/15	Zoe Trenz
15-18	100 Free	1:03.56	6/20/16	Zoe Trenz
15-18	50 Back	33.54	7/24/14	Zoe Trenz
15-18	50 Breast	37.12	6/15/15	Zoe Trenz
15-18	100 Breast	1:17.30	7/28/16	Zoe Trenz
15-18	50 Fly	29.23	7/28/16	Zoe Trenz
15-18	100 IM	1:08.13	7/28/16	Zoe Trenz

Boys Records

8 & U	25 Free	16.63	6/30/08	Hank Holland
8 & U	25 Back	21.11	7/07/08	Nick Ulrichs
8 & U	25 Breast	22.74	7/13/05	Shane Corbin
8 & U	25 Fly	20.15	7/07/08	Nick Ulrichs
9-10	50 Free	32.85	7/05/10	Hank Holland
9-10	50 Back	39.83	7/29/10	Nick Ulrichs
9-10	50 Breast	44.21	6/28/10	Hank Holland
9-10	50 Fly	37.25	7/19/10	Hank Holland
9-10	100 IM	1:23.78	7/29/10	Hank Holland
11-12	50 Free	29.59	6/10/12	Hank Holland
11-12	50 Back	33.42	7/28/11	Tory Farmer
11-12	50 Breast	37.72	7/26/12	Hank Holland
11-12	50 Fly	33.54	7/27/12	Hank Holland
11-12	100 IM	1:13.31	7/26/12	Hank Holland
13-14	50 Free	26.72	7/24/14	Hank Holland
13-14	100 Free	1:00.07	7/01/13	Tory Farmer
13-14	50 Back	31.53	7/26/12	Tory Farmer
13-14	50 Breast	34.39	7/24/14	Hank Holland
13-14	100 Breast	1:14.81	7/26/07	Andrew Strait
13-14	50 Fly	30.10	7/24/14	Hank Holland
13-14	100 IM	1:07.85	7/26/07	Andrew Strait
15-18	50 Free	26.78	7/29/10	Currie Boteller
15-18	50 Free	26.78	6/08/14	Ian Stevenson
15-18	100 Free	52.06	7/28/11	Andrew Strait
15-18	50 Back	26.80	7/28/11	Andrew Strait
15-18	50 Breast	32.79	7/31/04	Luke Saunders
15-18	100 Breast	1:04.64	7/29/10	Andrew Strait
15-18	50 Fly	25.65	7/28/11	Andrew Strait
15-18	100 IM	57.46	7/28/11	Andrew Strait

Mixed Relay Records

8 & U	100 Free Relay	1:10.53	7/25/08	N Ulrichs, S Biltz, E Pilc, H Holland
8 & U	100 Medley Relay	1:22.45	7/24/08	N Ulrichs, E Pilc, S Biltz, H Holland
9-10	200 Free Relay	2:20.60	6/13/10	N Ulrichs, E Poehler, S Biltz, H Holland
9-10	200 Medley Relay	2:34.66	7/29/10	N Ulrichs, E Pilc, S Biltz, H Holland
11-12	200 Free Relay	2:08.46	7/18/11	T Best, S Biltz, Z Trenz, H Holland
11-12	200 Medley Relay	2:21.21	6/20/11	T Farmer, Z Trenz, S Biltz, H Holland
13-14	200 Free Relay	1:56.74	7/25/13	T Best, R Ogden, S Biltz, I Stevenson
13-14	200 Medley Relay	2:07.00	7/25/13	I Stevenson, H Holland, Z Trenz, R Ogden
15-18	200 Free Relay	1:48.47	7/24/14	Z Trenz, C Fenster, R Ogden, I Stevenson
15-18	200 Medley Relay	1:59.99	7/24/14	T Farmer, C Fenster, Z Trenz, R Ogden

For further motivation, the Ridgetop All-Time Top 10 swims in each event are posted online at:

<http://swimteam.ridgetop.org/Results/RT-AllTimeTopTen.pdf>

These swims will be updated periodically throughout the season.

Events for Swim Meet 1 (Novice: Freestyle, Backstroke)

Event #	Age & Gender	Event	Classification
70	Mite Mixed Relay	100 Freestyle	Regular
2	Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3	Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4	Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5	Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6	Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7	Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8	Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9	Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10	Mite Girls	25 Freestyle	Novice, Regular, X, XX
11	Mite Boys	25 Freestyle	Novice, Regular, X, XX
12	Midget Girls	50 Freestyle	Novice, Regular, X, XX
13	Midget Boys	50 Freestyle	Novice, Regular, X, XX
14	Junior Girls	50 Freestyle	Novice, Regular, X, XX
15	Junior Boys	50 Freestyle	Novice, Regular, X, XX
16	Intermediate Girls	50 Freestyle	Novice, Regular, X, XX
17	Intermediate Boys	50 Freestyle	Novice, Regular, X, XX
18	Intermediate Girls	100 Freestyle	Regular, X, XX
19	Intermediate Boys	100 Freestyle	Regular, X, XX
20	Senior Girls	50 Freestyle	Novice, Regular, X, XX
21	Senior Boys	50 Freestyle	Novice, Regular, X, XX
22	Senior Girls	100 Freestyle	Regular, X, XX
23	Senior Boys	100 Freestyle	Regular, X, XX
30	Mite Girls	25 Backstroke	Novice, Regular, X, XX
31	Mite Boys	25 Backstroke	Novice, Regular, X, XX
32	Midget Girls	50 Backstroke	Novice, Regular, X, XX
33	Midget Boys	50 Backstroke	Novice, Regular, X, XX
34	Junior Girls	50 Backstroke	Novice, Regular, X, XX
35	Junior Boys	50 Backstroke	Novice, Regular, X, XX
36	Intermediate Girls	50 Backstroke	Novice, Regular, X, XX
37	Intermediate Boys	50 Backstroke	Novice, Regular, X, XX
38	Senior Girls	50 Backstroke	Novice, Regular, X, XX
39	Senior Boys	50 Backstroke	Novice, Regular, X, XX
40	Mite Girls	25 Breaststroke	Regular, X, XX
41	Mite Boys	25 Breaststroke	Regular, X, XX
42	Midget Girls	50 Breaststroke	Regular, X, XX
43	Midget Boys	50 Breaststroke	Regular, X, XX
44	Junior Girls	50 Breaststroke	Regular, X, XX
45	Junior Boys	50 Breaststroke	Regular, X, XX
46	Intermediate Girls	50 Breaststroke	Regular, X, XX
47	Intermediate Boys	50 Breaststroke	Regular, X, XX
48	Intermediate Girls	100 Breaststroke	Regular, X, XX
49	Intermediate Boys	100 Breaststroke	Regular, X, XX
50	Senior Girls	50 Breaststroke	Regular, X, XX
51	Senior Boys	50 Breaststroke	Regular, X, XX
52	Senior Girls	100 Breaststroke	Regular, X, XX
53	Senior Boys	100 Breaststroke	Regular, X, XX
60	Mite Girls	25 Butterfly	Regular, X, XX
61	Mite Boys	25 Butterfly	Regular, X, XX
62	Midget Girls	50 Butterfly	Regular, X, XX
63	Midget Boys	50 Butterfly	Regular, X, XX
64	Junior Girls	50 Butterfly	Regular, X, XX
65	Junior Boys	50 Butterfly	Regular, X, XX
66	Intermediate Girls	50 Butterfly	Regular, X, XX
67	Intermediate Boys	50 Butterfly	Regular, X, XX
68	Senior Girls	50 Butterfly	Regular, X, XX
69	Senior Boys	50 Butterfly	Regular, X, XX
71	Midget Mixed Relay	200 Freestyle	Regular
72	Junior Mixed Relay	200 Freestyle	Regular
73	Intermediate Mixed Relay	200 Freestyle	Regular
74	Senior Mixed Relay	200 Freestyle	Regular

Events for Swim Meet 2 (Novice: Freestyle, Breaststroke)

Event #	Age & Gender	Event	Classification
70	Mite Mixed Relay	100 Medley	Regular
2	Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3	Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4	Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5	Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6	Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7	Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8	Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9	Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10	Mite Girls	25 Freestyle	Novice, Regular, X, XX
11	Mite Boys	25 Freestyle	Novice, Regular, X, XX
12	Midget Girls	50 Freestyle	Novice, Regular, X, XX
13	Midget Boys	50 Freestyle	Novice, Regular, X, XX
14	Junior Girls	50 Freestyle	Novice, Regular, X, XX
15	Junior Boys	50 Freestyle	Novice, Regular, X, XX
16	Intermediate Girls	50 Freestyle	Novice, Regular, X, XX
17	Intermediate Boys	50 Freestyle	Novice, Regular, X, XX
18	Intermediate Girls	100 Freestyle	Regular, X, XX
19	Intermediate Boys	100 Freestyle	Regular, X, XX
20	Senior Girls	50 Freestyle	Novice, Regular, X, XX
21	Senior Boys	50 Freestyle	Novice, Regular, X, XX
22	Senior Girls	100 Freestyle	Regular, X, XX
23	Senior Boys	100 Freestyle	Regular, X, XX
40	Mite Girls	25 Breaststroke	Novice, Regular, X, XX
41	Mite Boys	25 Breaststroke	Novice, Regular, X, XX
42	Midget Girls	50 Breaststroke	Novice, Regular, X, XX
43	Midget Boys	50 Breaststroke	Novice, Regular, X, XX
44	Junior Girls	50 Breaststroke	Novice, Regular, X, XX
45	Junior Boys	50 Breaststroke	Novice, Regular, X, XX
46	Intermediate Girls	50 Breaststroke	Novice, Regular, X, XX
47	Intermediate Boys	50 Breaststroke	Novice, Regular, X, XX
48	Intermediate Girls	100 Breaststroke	Regular, X, XX
49	Intermediate Boys	100 Breaststroke	Regular, X, XX
50	Senior Girls	50 Breaststroke	Novice, Regular, X, XX
51	Senior Boys	50 Breaststroke	Novice, Regular, X, XX
52	Senior Girls	100 Breaststroke	Regular, X, XX
53	Senior Boys	100 Breaststroke	Regular, X, XX
30	Mite Girls	25 Backstroke	Regular, X, XX
31	Mite Boys	25 Backstroke	Regular, X, XX
32	Midget Girls	50 Backstroke	Regular, X, XX
33	Midget Boys	50 Backstroke	Regular, X, XX
34	Junior Girls	50 Backstroke	Regular, X, XX
35	Junior Boys	50 Backstroke	Regular, X, XX
36	Intermediate Girls	50 Backstroke	Regular, X, XX
37	Intermediate Boys	50 Backstroke	Regular, X, XX
38	Senior Girls	50 Backstroke	Regular, X, XX
39	Senior Boys	50 Backstroke	Regular, X, XX
60	Mite Girls	25 Butterfly	Regular, X, XX
61	Mite Boys	25 Butterfly	Regular, X, XX
62	Midget Girls	50 Butterfly	Regular, X, XX
63	Midget Boys	50 Butterfly	Regular, X, XX
64	Junior Girls	50 Butterfly	Regular, X, XX
65	Junior Boys	50 Butterfly	Regular, X, XX
66	Intermediate Girls	50 Butterfly	Regular, X, XX
67	Intermediate Boys	50 Butterfly	Regular, X, XX
68	Senior Girls	50 Butterfly	Regular, X, XX
69	Senior Boys	50 Butterfly	Regular, X, XX
81	Midget Mixed Relay	200 Medley	Regular
82	Junior Mixed Relay	200 Medley	Regular
83	Intermediate Mixed Relay	200 Medley	Regular
84	Senior Mixed Relay	200 Medley	Regular

Events for Swim Meet 3 (Novice: Freestyle, Butterfly)

Event #	Age & Gender	Event	Classification
70	Mite Mixed Relay	100 Freestyle	Regular
2	Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3	Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4	Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5	Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6	Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7	Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8	Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9	Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10	Mite Girls	25 Freestyle	Novice, Regular, X, XX
11	Mite Boys	25 Freestyle	Novice, Regular, X, XX
12	Midget Girls	50 Freestyle	Novice, Regular, X, XX
13	Midget Boys	50 Freestyle	Novice, Regular, X, XX
14	Junior Girls	50 Freestyle	Novice, Regular, X, XX
15	Junior Boys	50 Freestyle	Novice, Regular, X, XX
16	Intermediate Girls	50 Freestyle	Novice, Regular, X, XX
17	Intermediate Boys	50 Freestyle	Novice, Regular, X, XX
18	Intermediate Girls	100 Freestyle	Regular, X, XX
19	Intermediate Boys	100 Freestyle	Regular, X, XX
20	Senior Girls	50 Freestyle	Novice, Regular, X, XX
21	Senior Boys	50 Freestyle	Novice, Regular, X, XX
22	Senior Girls	100 Freestyle	Regular, X, XX
23	Senior Boys	100 Freestyle	Regular, X, XX
60	Mite Girls	25 Butterfly	Novice, Regular, X, XX
61	Mite Boys	25 Butterfly	Novice, Regular, X, XX
62	Midget Girls	50 Butterfly	Novice, Regular, X, XX
63	Midget Boys	50 Butterfly	Novice, Regular, X, XX
64	Junior Girls	50 Butterfly	Novice, Regular, X, XX
65	Junior Boys	50 Butterfly	Novice, Regular, X, XX
66	Intermediate Girls	50 Butterfly	Novice, Regular, X, XX
67	Intermediate Boys	50 Butterfly	Novice, Regular, X, XX
68	Senior Girls	50 Butterfly	Novice, Regular, X, XX
69	Senior Boys	50 Butterfly	Novice, Regular, X, XX
30	Mite Girls	25 Backstroke	Regular, X, XX
31	Mite Boys	25 Backstroke	Regular, X, XX
32	Midget Girls	50 Backstroke	Regular, X, XX
33	Midget Boys	50 Backstroke	Regular, X, XX
34	Junior Girls	50 Backstroke	Regular, X, XX
35	Junior Boys	50 Backstroke	Regular, X, XX
36	Intermediate Girls	50 Backstroke	Regular, X, XX
37	Intermediate Boys	50 Backstroke	Regular, X, XX
38	Senior Girls	50 Backstroke	Regular, X, XX
39	Senior Boys	50 Backstroke	Regular, X, XX
40	Mite Girls	25 Breaststroke	Regular, X, XX
41	Mite Boys	25 Breaststroke	Regular, X, XX
42	Midget Girls	50 Breaststroke	Regular, X, XX
43	Midget Boys	50 Breaststroke	Regular, X, XX
44	Junior Girls	50 Breaststroke	Regular, X, XX
45	Junior Boys	50 Breaststroke	Regular, X, XX
46	Intermediate Girls	50 Breaststroke	Regular, X, XX
47	Intermediate Boys	50 Breaststroke	Regular, X, XX
48	Intermediate Girls	100 Breaststroke	Regular, X, XX
49	Intermediate Boys	100 Breaststroke	Regular, X, XX
50	Senior Girls	50 Breaststroke	Regular, X, XX
51	Senior Boys	50 Breaststroke	Regular, X, XX
52	Senior Girls	100 Breaststroke	Regular, X, XX
53	Senior Boys	100 Breaststroke	Regular, X, XX
71	Midget Mixed Relay	200 Freestyle	Regular
72	Junior Mixed Relay	200 Freestyle	Regular
73	Intermediate Mixed Relay	200 Freestyle	Regular
74	Senior Mixed Relay	200 Freestyle	Regular

Events for Swim Meet 4 (Novice: Freestyle, Backstroke)

Event #	Age & Gender	Event	Classification
70	Mite Mixed Relay	100 Medley	Regular
2	Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3	Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4	Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5	Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6	Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7	Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8	Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9	Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10	Mite Girls	25 Freestyle	Novice, Regular, X, XX
11	Mite Boys	25 Freestyle	Novice, Regular, X, XX
12	Midget Girls	50 Freestyle	Novice, Regular, X, XX
13	Midget Boys	50 Freestyle	Novice, Regular, X, XX
14	Junior Girls	50 Freestyle	Novice, Regular, X, XX
15	Junior Boys	50 Freestyle	Novice, Regular, X, XX
16	Intermediate Girls	50 Freestyle	Novice, Regular, X, XX
17	Intermediate Boys	50 Freestyle	Novice, Regular, X, XX
18	Intermediate Girls	100 Freestyle	Regular, X, XX
19	Intermediate Boys	100 Freestyle	Regular, X, XX
20	Senior Girls	50 Freestyle	Novice, Regular, X, XX
21	Senior Boys	50 Freestyle	Novice, Regular, X, XX
22	Senior Girls	100 Freestyle	Regular, X, XX
23	Senior Boys	100 Freestyle	Regular, X, XX
30	Mite Girls	25 Backstroke	Novice, Regular, X, XX
31	Mite Boys	25 Backstroke	Novice, Regular, X, XX
32	Midget Girls	50 Backstroke	Novice, Regular, X, XX
33	Midget Boys	50 Backstroke	Novice, Regular, X, XX
34	Junior Girls	50 Backstroke	Novice, Regular, X, XX
35	Junior Boys	50 Backstroke	Novice, Regular, X, XX
36	Intermediate Girls	50 Backstroke	Novice, Regular, X, XX
37	Intermediate Boys	50 Backstroke	Novice, Regular, X, XX
38	Senior Girls	50 Backstroke	Novice, Regular, X, XX
39	Senior Boys	50 Backstroke	Novice, Regular, X, XX
40	Mite Girls	25 Breaststroke	Regular, X, XX
41	Mite Boys	25 Breaststroke	Regular, X, XX
42	Midget Girls	50 Breaststroke	Regular, X, XX
43	Midget Boys	50 Breaststroke	Regular, X, XX
44	Junior Girls	50 Breaststroke	Regular, X, XX
45	Junior Boys	50 Breaststroke	Regular, X, XX
46	Intermediate Girls	50 Breaststroke	Regular, X, XX
47	Intermediate Boys	50 Breaststroke	Regular, X, XX
48	Intermediate Girls	100 Breaststroke	Regular, X, XX
49	Intermediate Boys	100 Breaststroke	Regular, X, XX
50	Senior Girls	50 Breaststroke	Regular, X, XX
51	Senior Boys	50 Breaststroke	Regular, X, XX
52	Senior Girls	100 Breaststroke	Regular, X, XX
53	Senior Boys	100 Breaststroke	Regular, X, XX
60	Mite Girls	25 Butterfly	Regular, X, XX
61	Mite Boys	25 Butterfly	Regular, X, XX
62	Midget Girls	50 Butterfly	Regular, X, XX
63	Midget Boys	50 Butterfly	Regular, X, XX
64	Junior Girls	50 Butterfly	Regular, X, XX
65	Junior Boys	50 Butterfly	Regular, X, XX
66	Intermediate Girls	50 Butterfly	Regular, X, XX
67	Intermediate Boys	50 Butterfly	Regular, X, XX
68	Senior Girls	50 Butterfly	Regular, X, XX
69	Senior Boys	50 Butterfly	Regular, X, XX
71	Midget Mixed Relay	200 Medley	Regular
72	Junior Mixed Relay	200 Medley	Regular
73	Intermediate Mixed Relay	200 Medley	Regular
74	Senior Mixed Relay	200 Medley	Regular

Events for Swim Meet 5 (Novice: Freestyle, Breaststroke)

Event #	Age & Gender	Event	Classification
70	Mite Mixed Relay	100 Medley	Regular
2	Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3	Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4	Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5	Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6	Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7	Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8	Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9	Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10	Mite Girls	25 Freestyle	Novice, Regular, X, XX
11	Mite Boys	25 Freestyle	Novice, Regular, X, XX
12	Midget Girls	50 Freestyle	Novice, Regular, X, XX
13	Midget Boys	50 Freestyle	Novice, Regular, X, XX
14	Junior Girls	50 Freestyle	Novice, Regular, X, XX
15	Junior Boys	50 Freestyle	Novice, Regular, X, XX
16	Intermediate Girls	50 Freestyle	Novice, Regular, X, XX
17	Intermediate Boys	50 Freestyle	Novice, Regular, X, XX
18	Intermediate Girls	100 Freestyle	Regular, X, XX
19	Intermediate Boys	100 Freestyle	Regular, X, XX
20	Senior Girls	50 Freestyle	Novice, Regular, X, XX
21	Senior Boys	50 Freestyle	Novice, Regular, X, XX
22	Senior Girls	100 Freestyle	Regular, X, XX
23	Senior Boys	100 Freestyle	Regular, X, XX
40	Mite Girls	25 Breaststroke	Novice, Regular, X, XX
41	Mite Boys	25 Breaststroke	Novice, Regular, X, XX
42	Midget Girls	50 Breaststroke	Novice, Regular, X, XX
43	Midget Boys	50 Breaststroke	Novice, Regular, X, XX
44	Junior Girls	50 Breaststroke	Novice, Regular, X, XX
45	Junior Boys	50 Breaststroke	Novice, Regular, X, XX
46	Intermediate Girls	50 Breaststroke	Novice, Regular, X, XX
47	Intermediate Boys	50 Breaststroke	Novice, Regular, X, XX
48	Intermediate Girls	100 Breaststroke	Regular, X, XX
49	Intermediate Boys	100 Breaststroke	Regular, X, XX
50	Senior Girls	50 Breaststroke	Novice, Regular, X, XX
51	Senior Boys	50 Breaststroke	Novice, Regular, X, XX
52	Senior Girls	100 Breaststroke	Regular, X, XX
53	Senior Boys	100 Breaststroke	Regular, X, XX
30	Mite Girls	25 Backstroke	Regular, X, XX
31	Mite Boys	25 Backstroke	Regular, X, XX
32	Midget Girls	50 Backstroke	Regular, X, XX
33	Midget Boys	50 Backstroke	Regular, X, XX
34	Junior Girls	50 Backstroke	Regular, X, XX
35	Junior Boys	50 Backstroke	Regular, X, XX
36	Intermediate Girls	50 Backstroke	Regular, X, XX
37	Intermediate Boys	50 Backstroke	Regular, X, XX
38	Senior Girls	50 Backstroke	Regular, X, XX
39	Senior Boys	50 Backstroke	Regular, X, XX
60	Mite Girls	25 Butterfly	Regular, X, XX
61	Mite Boys	25 Butterfly	Regular, X, XX
62	Midget Girls	50 Butterfly	Regular, X, XX
63	Midget Boys	50 Butterfly	Regular, X, XX
64	Junior Girls	50 Butterfly	Regular, X, XX
65	Junior Boys	50 Butterfly	Regular, X, XX
66	Intermediate Girls	50 Butterfly	Regular, X, XX
67	Intermediate Boys	50 Butterfly	Regular, X, XX
68	Senior Girls	50 Butterfly	Regular, X, XX
69	Senior Boys	50 Butterfly	Regular, X, XX
81	Midget Mixed Relay	200 Medley	Regular
82	Junior Mixed Relay	200 Medley	Regular
83	Intermediate Mixed Relay	200 Medley	Regular
84	Senior Mixed Relay	200 Medley	Regular

Events for Swim Meet 6 (Novice: Freestyle, Butterfly)

Event #	Age & Gender	Event	Classification
70	Mite Mixed Relay	100 Freestyle	Regular
2	Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3	Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4	Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5	Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6	Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7	Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8	Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9	Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10	Mite Girls	25 Freestyle	Novice, Regular, X, XX
11	Mite Boys	25 Freestyle	Novice, Regular, X, XX
12	Midget Girls	50 Freestyle	Novice, Regular, X, XX
13	Midget Boys	50 Freestyle	Novice, Regular, X, XX
14	Junior Girls	50 Freestyle	Novice, Regular, X, XX
15	Junior Boys	50 Freestyle	Novice, Regular, X, XX
16	Intermediate Girls	50 Freestyle	Novice, Regular, X, XX
17	Intermediate Boys	50 Freestyle	Novice, Regular, X, XX
18	Intermediate Girls	100 Freestyle	Regular, X, XX
19	Intermediate Boys	100 Freestyle	Regular, X, XX
20	Senior Girls	50 Freestyle	Novice, Regular, X, XX
21	Senior Boys	50 Freestyle	Novice, Regular, X, XX
22	Senior Girls	100 Freestyle	Regular, X, XX
23	Senior Boys	100 Freestyle	Regular, X, XX
60	Mite Girls	25 Butterfly	Novice, Regular, X, XX
61	Mite Boys	25 Butterfly	Novice, Regular, X, XX
62	Midget Girls	50 Butterfly	Novice, Regular, X, XX
63	Midget Boys	50 Butterfly	Novice, Regular, X, XX
64	Junior Girls	50 Butterfly	Novice, Regular, X, XX
65	Junior Boys	50 Butterfly	Novice, Regular, X, XX
66	Intermediate Girls	50 Butterfly	Novice, Regular, X, XX
67	Intermediate Boys	50 Butterfly	Novice, Regular, X, XX
68	Senior Girls	50 Butterfly	Novice, Regular, X, XX
69	Senior Boys	50 Butterfly	Novice, Regular, X, XX
30	Mite Girls	25 Backstroke	Regular, X, XX
31	Mite Boys	25 Backstroke	Regular, X, XX
32	Midget Girls	50 Backstroke	Regular, X, XX
33	Midget Boys	50 Backstroke	Regular, X, XX
34	Junior Girls	50 Backstroke	Regular, X, XX
35	Junior Boys	50 Backstroke	Regular, X, XX
36	Intermediate Girls	50 Backstroke	Regular, X, XX
37	Intermediate Boys	50 Backstroke	Regular, X, XX
38	Senior Girls	50 Backstroke	Regular, X, XX
39	Senior Boys	50 Backstroke	Regular, X, XX
40	Mite Girls	25 Breaststroke	Regular, X, XX
41	Mite Boys	25 Breaststroke	Regular, X, XX
42	Midget Girls	50 Breaststroke	Regular, X, XX
43	Midget Boys	50 Breaststroke	Regular, X, XX
44	Junior Girls	50 Breaststroke	Regular, X, XX
45	Junior Boys	50 Breaststroke	Regular, X, XX
46	Intermediate Girls	50 Breaststroke	Regular, X, XX
47	Intermediate Boys	50 Breaststroke	Regular, X, XX
48	Intermediate Girls	100 Breaststroke	Regular, X, XX
49	Intermediate Boys	100 Breaststroke	Regular, X, XX
50	Senior Girls	50 Breaststroke	Regular, X, XX
51	Senior Boys	50 Breaststroke	Regular, X, XX
52	Senior Girls	100 Breaststroke	Regular, X, XX
53	Senior Boys	100 Breaststroke	Regular, X, XX
71	Midget Mixed Relay	200 Freestyle	Regular
72	Junior Mixed Relay	200 Freestyle	Regular
73	Intermediate Mixed Relay	200 Freestyle	Regular
74	Senior Mixed Relay	200 Freestyle	Regular

Events for JRAC Championship Meet

Age & Gender	Event	Classification
Midget Girls & Boys	100 M. Individual Medley	Regular, X, XX
Junior Girls & Boys	100 M. Individual Medley	Regular, X, XX
Intermediate Girls & Boys	100 M. Individual Medley	Regular, X, XX
Senior Girls & Boys	100 M. Individual Medley	Regular, X, XX
Mite Girls & Boys	25 M. Backstroke	Novice, Regular, X, XX
Midget Girls & Boys	50 M. Backstroke	Novice, Regular, X, XX
Junior Girls & Boys	50 M. Backstroke	Novice, Regular, X, XX
Intermediate Girls & Boys	50 M. Backstroke	Novice, Regular, X, XX
Senior Girls & Boys	50 M. Backstroke	Novice, Regular, X, XX
Mite Girls & Boys	25 M. Breaststroke	Novice, Regular, X, XX
Midget Girls & Boys	50 M. Breaststroke	Novice, Regular, X, XX
Junior Girls & Boys	50 M. Breaststroke	Novice, Regular, X, XX
Intermediate Girls & Boys	50 M. Breaststroke	Novice, Regular, X, XX
Intermediate Girls & Boys	100 M. Breaststroke	Regular, X, XX
Senior Girls & Boys	50 M. Breaststroke	Novice, Regular, X, XX
Senior Girls & Boys	100 M. Breaststroke	Regular, X, XX
Mite Mixed Relay	100 M. Medley	Novice, Regular, X
Midget Mixed Relay	200 M. Medley	Novice, Regular, X
Junior Mixed Relay	200 M. Medley	Novice, Regular, X
Intermediate Mixed Relay	200 M. Medley	Novice, Regular, X
Senior Mixed Relay	200 M. Medley	Novice, Regular, X
Mite Girls & Boys	25 M. Freestyle	Novice, Regular, X, XX
Midget Girls & Boys	50 M. Freestyle	Novice, Regular, X, XX
Junior Girls & Boys	50 M. Freestyle	Novice, Regular, X, XX
Intermediate Girls & Boys	50 M. Freestyle	Novice, Regular, X, XX
Intermediate Girls & Boys	100 M. Freestyle	Regular, X, XX
Senior Girls & Boys	50 M. Freestyle	Novice, Regular, X, XX
Senior Girls & Boys	100 M. Freestyle	Regular, X, XX
Mite Girls & Boys	25 M. Butterfly	Novice, Regular, X, XX
Midget Girls & Boys	50 M. Butterfly	Novice, Regular, X, XX
Junior Girls & Boys	50 M. Butterfly	Novice, Regular, X, XX
Intermediate Girls & Boys	50 M. Butterfly	Novice, Regular, X, XX
Senior Girls & Boys	50 M. Butterfly	Novice, Regular, X, XX
Mite Mixed Relay	100 M. Freestyle	Novice, Regular, X
Midget Mixed Relay	200 M. Freestyle	Novice, Regular, X
Junior Mixed Relay	200 M. Freestyle	Novice, Regular, X
Intermediate Mixed Relay	200 M. Freestyle	Novice, Regular, X
Senior Mixed Relay	200 M. Freestyle	Novice, Regular, X