

# Water Rats Swim Team



2018

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# Wood Dale Park District Mission & Vision Statements

**Mission:** Serving the community with quality recreational experiences that provide a fun and healthy lifestyle

**Vision:** Aspire to create positive memories and endless opportunities for the community

#### Wood Dale Water Rat Swim Team

The Wood Dale Water Rat Swim Team seeks to provide opportunities for social and emotional development, a physical recreational outlet, and an atmosphere of good sportsmanship, teamwork, and fun for all.

The Water Rats plan to enable every child to gain from his or her experience, regardless of the order of finish. The total swim team experience should be an enjoyable one. The program should proceed in a manner that will enhance and improve one's interest and respect for the sport of swimming.

# Objectives of the Water Rats Swim Team

- 1. To ensure swimmers grow in confidence and learn life skills that will benefit them in and out of the water.
- 2. To provide instruction, training, and competition to swimmers of all abilities.

- 3. To learn the value of hard work, commitment, and teamwork.
- 4. To know, and always show, a high level of good sportsmanship.
- 5. To provide a structure for family togetherness and interaction.

#### <u>History</u>

The Wood Dale Water Rats Swim Team began in the summer of 1973 and is a charter member of the DuPage Swim & Dive Conference <a href="https://www.swimdsdc.org">www.swimdsdc.org</a>.

In 1978, a Water Rat, Glen Reutell, was killed by a vehicle while riding his bicycle. Glen was not necessarily the best swimmer on the team, but he was always there to cheer on his teammates and bring positive thoughts to those around him. Each year the Glen Reutell Sportsmanship Award is presented to a Water Rat who exemplifies Glen's character.

# Water Rats Coaching Staff

Dan Hennebry	Head Coach
Beth Janovsky	<b>Assistant Coach</b>
TBD	<b>Assistant Coach</b>

#### **Contact Information**

All Coaches Email: waterratscoach@gmail.com

Arturo Segura – Recreation Supervisor 630-595-9333 asegura@wdparks.org

Please direct all questions to the Coach in charge of your swimmer's group first, then to the Head Coach, then to the Recreation Supervisor.

#### 2018 Board of Directors & Committee Chairpersons

President – Michelle Barton
Vice President – Carolyn Niehoff
Secretary – Kim Molinaro
Treasurer – Karen Krebasch
Head Scorekeeper - Michele Janovsky
Meet Director – Open
DSDC Representatives - Stacey McNamara
Park District Liaison – Arturo Segura

Head Referee – Stacey McNamara Concessions – Michelle Barton Conference Planner – Open Social Committee – Open Sponsorship – Karen Krebasch

#### **Communication**

A traditionally inherent problem in organizations the size of ours is communication of information. We need regular communication to and from all the swimmers, coaches, and parents of our team, and we have set up the following to accomplish this:

Mailbox: Every family will find they have a folder. The folders are kept and maintained by our Head Scorekeeper. It is very important swimmers check this folder, daily. Ribbons, invoices, flyers, and other important documents are distributed in the folders. Coaches also have a folder so parents can drop things off for them there. Please do NOT turn things into the Park District, if they are intended for a coach.

**Team Meetings:** Coaches and swimmers may have team meetings throughout the season to discuss any important information.

**Board Meetings:** Board meetings are held every second Tuesday of the month, January through September. These meetings are open to general members of the Wood Dale Water Rats Parents' Club (WRPC). Parents should make every effort to attend these meetings so they are always "in the loop."

**Remind 101:** This is a phone app in which coaches can notify all subscribers of what's happening. This includes changes to practices and meets due to weather, reminder that pictures are coming up, or anything else families need to know. Parents and swimmers can be notified quickly via this app.

Water Rat Hotline: In the event of inclement weather, please call the hotline to confirm if practice will proceed. Remember to give the coach the ability to update the hot line before calling. The Hotline can be reached at: 630-616-2455 & listen for the options.

**Email:** This is the place you will find the majority of our information. The Board of Directors has a current email listing to get information to families in the fastest and easiest method possible. Please be sure to read all your emails for the most up to date information available.

**Facebook:** You can also obtain information through our Facebook page: Wood Dale Water Rats Swim Team

# Parent Volunteer Responsibilities

Running a successful team is a group effort. The Water Rat Parents' Club and the coaches put a lot of work into the season, but parental help is essential. We ask that every parent volunteer for the Water Rats in some way throughout the year. Volunteers are needed at both home & away meets, and throughout the year.

1. Home meets: Hosting home meets not only provides our swimmers with a comfortable, convenient place to compete, but they also generate income to help us offset the costs of team events throughout the year. The more we are able to make through meets, the better we are able to minimize the financial obligation required of each family.

- 2. **Away Meets:** Other meet hosts will always ask us to provide officials and timers to help run the meet.
- 3. **Seasonal Volunteers:** Although our swim season is only 10 weeks long, we have a group of parents who assist throughout the year. Positions include becoming a member of the Board of Directors or a Committee Chairperson.

Please be aware that no alcohol is permitted on park district property including any facilities, parking lots, parks, etc. Failure to comply with this rule may result in dismissal from the program.

# Parent Volunteer FAQ's

Why is every family required to volunteer at home meets? It can't be done without you! Hosting fun, efficient meets requires numerous volunteers to plan, organize, and run. Meets also are a great way to get to know other families on the team and in the swimming community.

Will I be able to see my child swim his/her events? Of course! Many volunteer jobs are positioned around the deck and provide a great view of each race. For off-deck positions, there are always multiple volunteers so that you may step away to watch your child compete.

Why do I have to volunteer at away meets?

Teams often use all of their parent volunteers to run computers, concessions, awards, etc. Teams will ask visiting teams to supply one or two parent volunteer timers per lane. Timing at meets is a great way to be involved, get the best seat in the house, and be in the middle of the action!

Do I need any special training to volunteer? With the exception of officiating, none of the volunteer positions require advanced training or expertise. Meet organizers and volunteer coordinators will provide you with any necessary direction.

#### Meet Volunteer Jobs

**Announcer:** The announcer is on deck and announces each event in the meet.

**Bullpen Parent:** This parent is responsible for collecting swimmers when events are called to the Clerk of Course. All swimmers must check in with this parent to verify he/she is ready to swim. Bullpen Parents are needed at both home and away meets.

**Check-In:** This person is responsible for setting up and running the volunteer check-in table. This position is only needed when we host a Conference meet.

**Clean Up Crew:** This group of volunteers puts tables and chairs away in the Water Rat Shed by the sand. They also collect garbage, replace the starting block caps, put away

backstroke flags, and return lounge chairs to their proper place. Other duties may apply.

**Clerk of Course:** The Clerk of Course is responsible for organizing swimmers before each event. This person, along with the Starter & Head Referee, keeps the meet going smoothly by keeping swimmers together for relays and ensuring swimmers are behind the starting blocks for their event.

**Concessions:** Concessions are completely staffed and run by parents. Volunteering here may include set up, preparing food, serving food, or clean up.

**Finish Judges:** Finish Judges sit/stand at the finishing end of each event. As the swimmers touch the wall, the finish judge writes down the order in which swimmers finish each race. No special training is needed for this position.

**Hospitality:** These volunteers staff the coaches and officials hospitality area during Conference meets.

Officials: Our officials are responsible for starting and judging each event in the meet. We are always looking for new officials. You do not need any prior swim knowledge, as you will learn it all in the officials training. This is a great opportunity to learn more about our sport, and to be in a volunteer role that keeps you close to the action. Officials are needed at both home and away meets and include starters, referees, stroke judges, and turn judges.

**Ribbon Writer:** This job involves sorting and labeling ribbons that are being presented to swimmers. Generally, this job

begins a little later than most, and ends when the final award has been processed.

**Runners:** A runner's job is to collect the time cards, finish cards, and DQ cards from each lane and each official and give them to the scoring table. Comfortable shoes are a must for this job.

**Safety Marshalls:** The Marshalls are the "police officers" of the meet. Their responsibility is to see that "swim meet etiquette" is being followed. Marshalls may be responsible for stopping swimmers or spectators from going in specific areas, including the area behind the starting blocks.

**Set Up Crew:** This group of volunteers assembles tables and chairs found in the Water Rat Shed by the sand. They also remove the starting block caps, set up the clerk of course, set up backstroke flags, and stack lounge chairs to clear space and block the zero depth and spa. Other duties may apply.

**Timers:** Each lane will have two timers to record each swimmer's time. This job begins with a timers meeting about 15 minutes prior to the start of the meet, and ends with the end of the session. This is the most common of all volunteer jobs. Timers are needed for both home and away meets. As of 2018, certification is not required for any meet or at any Conference.

**Verifier:** This person must be a certified scorer who sits at the scoring table and verifies that the hand scoring and electronic scoring were completed correctly. This is a position needed for both home and away meets.

### Seasonal Volunteer Jobs

The following volunteer jobs are for those who would like to make a greater contribution to the operation of the team throughout the season

**Board of Directors:** Members of this Board make decisions, spend money, and plan activities that impact the swim team. Board positions include: President, Vice President, Secretary, Treasurer, Meet Director, & DSDC Representative.

**Committee Chairperson:** These positions involve coordinating various aspects of running the team. More committees may be added as deemed necessary by the Board of Directors. Chairpersons include:

**Head Scorekeeper** is a certified scorer who is responsible for the electronic timing system and keeps accurate team records including best times. This person is also responsible for ordering, maintaining, and issuing meet ribbons.

**Concessions:** This person is responsible for set up and clean up of the concession area at all home meets. This person also determines the menu, keeps inventory, orders supplies, and communicates with the Park District on use and storage in the concession area.

**Sponsorship:** This person sends letters and asks area companies to sponsor the team and makes sure all sponsor banners are current and posted during all swim meets. He/She also communicates with the announcer at home meets to thank our sponsors. This person also sets up restaurant night.

**Conference Planning:** This person is responsible for organizing the conference poster painting and TP'ing for each conference for the season. This person also notifies the team about placing ads in the conference programs and collects the ads and money. This person will also be the lead person to organize any conference meet the team hosts.

**Social:** This person is responsible for obtaining volunteers for various committees or events: Trial Week Pizza Party, Team Photos, Pasta Party for both A & B Conference, and End of the Year Banquet

# A Parent's Role

In addition to volunteering, parents have a very important role when it comes to the success of their swimmers and the Water Rats as a whole. Your swimmer will need your emotional support and love throughout the season, particularly at meets.

After your swimmer finishes an event, tell your swimmer how great he/she did! The coaching staff will be sure to discuss stroke technique and racing strategies. YOU need to tell him/her how proud you are and what a great job he/she did. Remember, your job as a parent is to feed, transport, and hug. Please let the coaches do the coaching.

If your swimmer DQ'ed, help him/her understand that DQ's are a learning experience and happen to everyone.

Encourage your child to prepare for his/her next event. This includes getting dressed, staying warm, finding someplace to sit and relax, and getting a drink and/or something light to eat.

### **Meet Supervision**

Swimmers must be with a parent/guardian at all meets. In the event that a parent cannot travel with a swimmer, that family must find another parent to be responsible for the swimmer. This applies to all meets, including Conference meets.

# **Fundraising**

The Wood Dale Water Rat Swim Team is a program of the Wood Dale Park District, which is a non-profit organization. Currently, our fundraising consists of concession profits at home swim meets, sponsorship from area companies, and restaurant nights. Support from the community and our team allow us to keep our fees low and decrease the need to fundraise otherwise.

### **Meet Commitment Sheets**

Swimmers will be asked to commit to swim meets a month in advance. You will find 2 colored pieces of paper inside your Rat Pack that need to be completed and returned to the coaches as soon as possible. In the event your child is unable to swim in meet, please contact the coach as soon as possible.

# **Registration Fees**

All swimmers must be registered through the Wood Dale Park District to be a member of the team. There is a registration discount if a pool pass is purchased for the swim team member.

There is also a Parent Club fee based on the number of children in the family; there is a multi-child discount. These fees help pay for the team suit and any additional programs that are financed through the Parent Club. Typically, swimmers will receive a team gift at the end of the season during the End of the Season Banquet in July.

There is also a volunteer deposit of \$100 required at registration. This deposit is held by the WRPC until the end of the season. At the end of the season, if the family fulfills its volunteer obligations, the check will be returned. In the even the volunteer obligations are not met, the WRPC will keep and deposit the check into the general fund. Families will not receive a partial or prorated refund if they have met a portion of the volunteer obligation; the volunteer obligation must be completed.

The volunteer obligation is to volunteer at 6 half meets plus the conference meet (when we host), be a member of the Board of Directors, or volunteer as a Committee Chairperson. Park District fees must be paid by the first team practice, all other fees are due by the end of trial week. If your balance has not been paid in full by this time, your swimmer will not be allowed at practice until it has been paid. Refunds are not available after the start of the season, which begins the

Monday following trial week. This program cannot be prorated and no financial assistance is available.

# **Team Suits & Spirit Wear**

One team suit per swimmer is included in the Parent Club fees. Strict deadlines are set so that suits can be ready before the first meet of the season, or as soon thereafter as possible.

**New for 2018!** Show your team spirit and help us raise money for the team! From April 17 through April 30 you can order new spirit wear and judges' shirts through our shop at BSN Sports. This line of spirit wear offers a few new and fun options swimmers and their families can wear to every meet to show their Water Rats pride.

Beginning on April 17, 2018 through April 30, 2018 families can purchase spirit wear for this special fundraising event at:

www.bsnsports.com

The access code will be available when the shop opens. Look for updates to come!

Families can purchase our regular line of spirit wear at:

www.theswimteamstore.com,

Click on the "Team Login" button at the top
User Name: wooddale
Password: rats

OR

http://www.theswimteamstore.com/lgsteams/productcart/pc/viewCategories.asp?idCategory=2223&idAffiliate=402

# **Meet Information**

#### Before the meet:

- Make sure you attend the meets for which you register! If your swimmer gets sick at the last minute, please email or call your Lead Coach or the Head Coach as soon as possible.
- Eat a healthy breakfast! Fueling right starts first thing, so be sure to eat right the morning of a meet.

#### What to bring:

- Double check the contents of your meet bag.
   Swimmers should have their team suit, 2 team caps, team apparel, 2 pairs of goggles, and 2 towels.
- All swimmers should have warm-ups or sweats to wear between events. It is important to stay warm, but not overheat!
- Flip flops or deck shoes swimmers should NOT be walking around barefoot!
- Extra towel, blankets, tent, umbrella, or chairs something to sit on in the team area during the meet. Parents will need these too!
- Something to do. Swimmers and parents should bring cards, books, or another quiet activity to do between events.
- Water bottles, Gatorade, healthy snacks. It is important for swimmers to fuel right during a meet. Pizza, pasta, and chips are NOT race fuel! Granola bars, bananas and other fruit,

bagels with peanut butter, vegetables, pretzels and protein bars are all good options.

#### **Upon arrival to the meet:**

- Always arrive 15 minutes before the start of warm-ups. Please do not be late!
- Set up your space in the team area. Sometimes it will be in the grass or, sometimes on deck.
   Be prepared for anything.
- Swimmers should check in with a coach upon arrival.
- Swimmers should be on deck 5 minutes before warm-ups are scheduled, and be ready to warm-up (no gum, swim cap on, stretching).
- Swimmers should follow coaches directions after warm-ups. Sometimes coaches will ask swimmers to meet in a specific area for a team meeting.
- Swimmers should write down all event information, specifically event number, heat, and lane. This is commonly done on the skin (usually hand or arm) with a permanent marker. Knowing this information is key to not missing an event.

# **During the meet:**

• Swimmers should stay in the team area. Swimmers should pay attention to the progression of the meet and be ready for each event. Swimmers should be prompt when heading to the Clerk of Course.

- Immediately following each race, swimmers need to see the coaches!! It is important the swimmers and coaches can discuss the event and how to improve going forward.
- Unless working (timing, judging, or running), parents are NOT allowed behind the starting blocks.
- Coaches are not available to anyone but the swimmers during a meet. Please contact coaches after the meet with any questions or concerns.
- If possible, Water Rat families should sit together at meets to be a great cheering section.
- As a parent, please remember to be positive and supportive of your swimmers. Let the coaches worry about the swims.
- Swimmers should always check out with a coach before leaving the meet. Sometimes relay changes are made last minute, so it is important no one leaves without talking to a coach.

#### After the meet:

- Please clean up after yourselves. We ask all swimmers and parents to be good representatives of Wood Dale Water Rats Swim Team by leaving our team area nice and clean.
- Awards and ribbons will typically be handed out at the next swim practice. Ribbons will be put in family file folders. Head Scorekeeper will distribute awards as soon as possible.

# **Common Swimming Terms**

**Bullpen:** Place where swimmers sit and rest with the rest of the team. Swimmers must be alert as to what event is in the water. Swimmers should check with the Bullpen Parent before proceeding to the Clerk of Course. Starters will NOT wait for a swimmer to get to the block. Missed events will typically disqualify the swimmer from the event.

**Disqualifications (DQ's):** All swimmers will be disqualified at one time or another. It may happen because of an illegal stroke, turn, touch, kick, or start. The most important thing for the swimmer to focus on is why he/she was disqualified, so it doesn't happen again. Officials who do not disqualify an illegal stroke are doing a disservice to the swimmer, as the bad habit will become harder to correct.

**DuPage Swim & Dive Conference (DSDC):** The governing body to which our team belongs. We follow the bylaws created by the DSDC **www.swimdsdc.org**.

**Event:** Describes the gender, age group, distance, and stroke the swimmer will be swimming, for example, boys 25 free, girls 100 IM, boys 200 back, etc.

**Heat:** The group of six to eight swimmers with whom they are swimming. Meets are typically seeded slowest to fastest heat. Heats are sometimes circle-seeded, meaning the fastest person is in the middle lane in the last heat, the second fastest is in the middle of the second to last heat, etc.

**Individual Medley (IM):** Swimmer in this event swim all four strokes in the following order: fly, back, breast, free.

**Lane:** The area of the pool in which the swimmer will swim. This area is often divided by lane lines and or sides of the pool. Fastest swimmers are usually seeded in the middle lanes.

**Lap of the Pool**: The distance from the starting end, to the other end of the pool and back to the starting point.

**Length of the Pool:** A length of the pool is the distance from one end of the pool to other end.

**Medley Relay:** Four swimmers are on the relay team, swimming the event in the following order: back, breast, fly, free.

Scoring Table: This is where time cards, finish cards, and DQ cards are collected and processed. Meet results are calculated by hand by certified scorers, as well as electronically through the Meet Manager program. Both teams have scorers who verify the meet results. This job begins once the first heat is run and ends when the final heat has been entered, tabulated, and the final results have been signed by each coach and presented to each team.



# 2018 Swim Schedule

# May/June 2018

Sunday	Monday	Tuesday	Wednesday	Thursd ay	Friday	Saturday
27	28 Memorial Day	29 Practice 5-6pm	30 Practice 5-6pm	31 Practice 5-6pm	1 Free Trial Practice Meet 5PM	2
3	4 Practice 7-9 am Practice 5- 6pm	5 Practice 7-9 am Practice 5-6pm	6 Practice 7-9am Home Meet vs. Lombard 6:30pm	7 Practice 7-9 am Practice 5-6pm	8 Practice 7- 9 am Practice 5- 6pm	9 Home Meet vs. Glendale Hts. 8:30 am
10	11 Practice 7-9 am Practice 5- 6pm	Practice 7-9 am Practice 5-6pm	Practice 7-9am  Away Meet @ Carol Stream 6:30 pm	Practice 7-9 am Practice 5-6pm	15 Practice 7- 9 am Practice 5- 6pm	Away Meet vs. Bloomingdal e 8:30 am
17	18 Practice 7-9 am Practice 5- 6pm	19 Practice 7-9 am Practice 5-6pm	20 Practice 7-9am Home Meet vs. Woodridge 6:30 pm	Practice 7-9 am Practice 5-6pm	Practice 7- 9 am Practice 5- 6pm	23 Away Meet vs. Villa Park 8:30 am
24	25 Practice 7-9 am Practice 5- 6pm	Practice 7-9 am Practice 5-6pm	Practice 7-9am  Away Meet vs. Butterfield 6:30 pm	28 Practice 7-9 am Practice 5-6pm	29 Practice 7- 9 am Practice 5- 6pm	Home Meet Vs. Hanover Park 8:30 am

# July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 7- 9 am Practice 5- 6pm	3 Practice 7- 9 am Practice 5- 6pm	4 4th of July	5 Practice 7-9 am Practice 5- 6pm	6 Practice 7-9 am Practice 5- 6pm	7 No Meet
8	9 Practice 7- 9 am Practice 5- 6pm	10 Practice 7- 9 am Practice 5- 6pm	Practice 7-9am Home Meet vs. Addison 6:30pm	12 Practice 7-9 am Practice 5- 6pm	13 Practice 7-9 am Practice 5- 6pm	Away Meet vs. Roselle 8:30 am
15	Practice 7-9 am Practice 5-6pm	17 Practice 7- 9 am Practice 5- 6pm	18 Practice 7-9am	19 Practice 7-9 am Practice 5- 6pm	20 Practice 7-9 am Practice 5- 6pm Pasta Party 5- 6pm	21 B Conf@
22	Practice 7-9 am Practice 5-6pm	Practice 7- 9 am Practice 5- 6pm	25 Practice 7-9am	26 Practice 7-9 am Practice 5- 6pm	27 Practice 7-9 am Practice 5- 6pm Pasta Party 5-6 pm	28 A Conf @ Awards Banquet 3pm
29	30	31				



\*\* Please note: Practice schedules are subject to change. Check your email, family mailboxes, and Remind 101 for these changes.

# <u>DATES, LOCATIONS, DIRECTIONS</u> & TIMES 2018

Also, see www.swimdsdc.org for directions to pools.

#### WEDNESDAY, JUNE 6

LOMBARD @ WOOD DALE 6:30pm start, 5:00pm warm up

#### **SATURDAY, JUNE 9**

GLENDALE HEIGHTS @ WOOD DALE 8:30am start, 7:00am warm up

#### **WEDNESDAY, JUNE 13**

WOOD DALE @ CAROL STREAM 6:30pm start, 5:30pm warm up

**From Wood Dale:** Take North Ave to Gary Ave. Go north on Gary Ave. Fountain View is before Lies Rd on the left hand side. If you pass Lies Rd you have gone too far. Or Army Trail to Gary Ave go south on Gary Ave. Fountain View is just south of Lies Rd on the right side.

#### **SATURDAY, JUNE 16**

WOOD DALE @ BLOOMINGDALE 8:00am start, 7:00am warm up

#### From Wood Dale:

Take Lake Street (20) past Glen Ellyn Road to Fairfield Way.

Turn left heading south, go past Schick Road and turn left into the Westfield Middle School Parking Lot. Parking is available

at the Westfield Middle School, not the Oasis parking lot. Park and follow the walking path to the Oasis. PLEASE DO NOT PARK IN THE OASIS PARKING LOT. Additional parking, if needed, is located just south of the Westfield School off of Fairfield Way at Circle Park. A walking path is available from the parking lot to the Oasis.

#### **WEDNESDAY, JUNE 20**

WOODRIDGE @ WOOD DALE 6:30pm start, 5:00pm warm up

#### **SATURDAY, JUNE 23**

WOOD DALE @ VILLA PARK 8:00am start, 7:00am warm up

**From Wood Dale:** Take Addison Rd. south to Vermont, turn left heading east on Vermont to Harvard. Turn right heading south on Harvard to pool. Pool is on the right.

### **WEDNESDAY, JUNE 27**

WOOD DALE @ BUTTERFIELD 6:30pm start, 5:30pm warm up

**From Wood Dale:** Take 53 south to Butterfield Rd., turn left (east) 1 block to pool on the north side of street. Or take Rt. 355 to Butterfield Rd. (Rt. 56), turn right (west) to pool.

#### SATURDAY, JUNE 30

HANOVER PARK@ WOOD DALE 8:30am start, 7:00am warm up

#### WEDNESDAY, JULY 4 – NO MEET

#### SATURDAY, JULY 7 – NO MEET

#### **WEDNESDAY, JULY 11**

ADDISON @ WOOD DALE 6:30pm start, 5:00pm warm up

#### **SATURDAY, JULY 14**

WOOD DALE @ ROSELLE 8:30am start, 7:30am warm up

**From Wood Dale:**Take Irving Park Road west to Prospect. Turn left (south) on Prospect and go 4 blocks to pool.

#### **SATURDAY, JULY 22**

"B" CONFERENCE @ HANOVER PARK

#### From Wood Dale:

Take Elgin-O'Hare west to Lake St. (Rt. 20). Turn left on Lake Street to Greenbrook Blvd. and turn right on Greenbrook. Go .6 miles to Seafari Springs Water Park (on your right).

#### **SATURDAY, JULY 29**

"A" CONFERENCE @ WOOD DALE

# <u>DUPAGE SWIM AND DIVE CONFERENCE SWIM</u> <u>MEET EVENT SHEET</u>

- 1. 8 & Under Girls 100 yd. Medley Relay
- 2.8 & Under Boys 100 yd. Medley Relay
- 3. 9-10 Girls 200 yd. Medley Relay
- 4. 9-10 Boys 200 yd. Medley Relay
- 5. 11-12 Girls 200 yd. Medley Relay
- 6. 11-12 Boys 200 yd. Medley Relay
- 7. 13-14 Girls200 yd. Medley Relay
- 8. 13-14 Boys 200 yd. Medley Relay
- 9. 15 & Over Girls 200 yd. Medley Relay
- 10. 15 & Over Boys 200 yd. Medley Relay
- 11.8 & Under Girls 25 vd. Freestyle
- 12.8 & Under Boys 25 yd. Freestyle
- 13. 9-10 Girls 50 yd. Freestyle
- 14. 9-10 Boys 50 yd. Freestyle
- 15. 11-12 Girls 50 yd. Freestyle
- 16. 11-12 Boys 50 yd. Freestyle
- 17. 13-14 Girls 50 yd. Freestyle
- 18. 13-14 Boys 50 yd. Freestyle
- 19. 15 & Over Girls 50 yd. Freestyle
- 20. 15 & Over Boys 50 yd. Freestyle
- 21. 8 & Under Girls 100 yd. Free Relay
- 22.8 & Under Boys 100 yd. Free Relay
- 23. 9-10 Girls 100 yd. Individual Medley
- 24. 9-10 Boys 100 yd. Individual Medley
- 25. 11-12 Girls 100 yd. Individual Medley
- 26. 11-12 Boys 100 yd. Individual Medley
- 27. 13-14 Girls 100 yd. Individual Medley
- 28. 13-14 Boys 100 yd. Individual Medley

- 29. 15 & Over Girls 100 yd. Individual Medley
- 30. 15 & Over Boys 100 yd. Individual Medley
- 31. 8 & Under Girls 50 yd. Freestyle
- 32. 8 & Under Boys 50 yd. Freestyle
- 33. 9-10 Girls 100 yd. Freestyle
- 34. 9-10 Boys 100 yd. Freestyle
- 35. 11-12 Girls 100 yd. Freestyle
- 36. 11-12 Boys 100 yd. Freestyle
- 37. 13-14 Girls 100 yd. Freestyle
- 38. 13-14 Boys 100 yd. Freestyle
- 39. 15 & Over Girls 100 yd. Freestyle
- 40. 15 & Over Boys 100 yd. Freestyle
- 41. 8 & Under Girls 25 yd. Butterfly
- 42. 8 & Under Boys 25 yd. Butterfly
- 43. 9-10 Girls 50 yd. Butterfly
- 44. 9-10 Boys 50 yd. Butterfly
- 45. 11-12 Girls 50 yd. Butterfly
- 46. 11-12 Boys 50 yd. Butterfly
- 47. 13-14 Girls 50 yd. Butterfly
- 48. 13-14 Boys 50 yd. Butterfly
- 49. 15 & Over Girls 50 yd. Butterfly
- 50. 15 & Over Boys 50 yd. Butterfly
- 51. 8 & Under Girls 25 yd. Backstroke
- 52. 8 & Under Boys 25 yd. Backstroke
- 53. 9-10 Girls 50 yd. Backstroke
- 54. 9-10 Boys 50 yd. Backstroke
- 55. 11-12 Girls 50 yd. Backstroke
- 56. 11-12 Boys 50 yd. Backstroke

- 57. 13-14 Girls 50 yd. Backstroke
- 58. 13-14 Boys 50 yd. Backstroke
- 59. 15 & Over Girls 50 yd. Backstroke
- 60. 15 & Over Boys 50 yd. Backstroke
- 61. 8 & Under Girls 25 yd. Breaststroke
- 62. 8 & Under Boys 25 yd. Breaststroke
- 63. 9-10 Girls 50 yd. Breaststroke
- 64. 9-10 Boys 50 yd. Breaststroke
- 65. 11-12 Girls 50 yd. Breaststroke
- 66. 11-12 Boys 50 yd. Breaststroke
- 67. 13-14 Girls 50 yd. Breaststroke
- 68. 13-14 Boys 50 yd. Breaststroke
- 69. 15 & Over Girls 50 yd. Breaststroke
- 70. 15 & Over Boys 50 yd. Breaststroke
- 71. 9-10 Girls 200 yd. Free Relay
- 72. 9-10 Boys 200 yd. Free Relay
- 73. 11-12 Girls 200 yd. Free Relay
- 74. 11-12 Boys 200 yd. Free Relay
- 75. 13-14 Girls 200 yd. Free Relay
- 76. 13-14 Boys 200 yd. Free Relay
- 77. 15 & Over Girls 200 yd. Free Relay
- 78. 15 & Over Boys 200 yd. Free Relay
- 79. Open Age Girls 200 vd. Freestyle
- 80. Open Age Boys 200 yd. Freestyle

# <u>Notes</u>