

Bk/Br/FI/Fr	<b>Medley Relay</b>	<i>Swimmers Ready; Step Up; Take Your Mark</i>
<b>Stand on back of Blocks</b>	7 & 8 Boys 100 Yards Medley Relay	
	7 & 8 Girls 100 Yards Medley Relay	
<i>Stand Up</i>	9 & 10 Boys 100 Yards Medley Relay	
<i>Step Down</i>	9 & 10 Girls 100 Yards Medley Relay	
<i>Still on the Mark</i>	11 & 12 Boys 200 Yards Medley Relay	
	11 & 12 Girls 200 Yards Medley Relay	
<i>Watch for Wiggles</i>	13 & 14 Boys 200 Yards Medley Relay	
<i>Watch for Ready</i>	13 & 14 Girls 200 Yards Medley Relay	
<i>@ least 1 foot to Front</i>	15 to 18 Boys 200 Yards Medley Relay	
	15 to 18 Girls 200 Yards Medley Relay	
	<i>(My I have the 15 yard ROPE Please?)</i>	
	<b>Freestyle</b>	<i>Swimmers Ready; Step Up; Take Your Mark</i>
	6 & under Boys 15 Yards Freestyle	
	6 & under Girls 15 Yards Freestyle	
	<i>(Please remove the 15 yard ROPE)</i>	
	7 & 8 Boys 25 Yards Freestyle	
	7 & 8 Girls 25 Yards Freestyle	
	9 & 10 Boys 25 Yards Freestyle	
	9 & 10 Girls 25 Yards Freestyle	
	<i>Judges &amp; Timers Please come to the STARTING Side of the Pool</i>	
	11 & 12 Boys 50 Yards Freestyle	
	11 & 12 Girls 50 Yards Freestyle	
	13 & 14 Boys 50 Yards Freestyle	
	13 & 14 Girls 50 Yards Freestyle	
	15 to 18 Boys 50 Yards Freestyle	
	15 to 18 Girls 50 Yards Freestyle	
	<i>(May I have the 15 yard ROPE &amp; the Backstroke PADS Please?)</i>	
	<b>Backstroke</b>	<i>Step In; Place Your Feet; Take Your Mark</i>
<i>Stand on back of Blocks</i>	6 & under Boys 15 Yards Backstroke	
<i>Feet &amp; Toes Under Water</i>	6 & under Girls 15 Yards Backstroke	
	<i>(Please remove the 15 yard ROPE)</i>	
	7 & 8 Boys 25 Yards Backstroke	
	7 & 8 Girls 25 Yards Backstroke	
	9 & 10 Boys 25 Yards Backstroke	
	9 & 10 Girls 25 Yards Backstroke	
<i>Judges &amp; Timers Please come to the Starting Side of the Pool - Please remove the Backstroke Pads</i>	11 & 12 Boys 50 Yards Backstroke	
	11 & 12 Girls 50 Yards Backstroke	
	13 & 14 Boys 50 Yards Backstroke	
	13 & 14 Girls 50 Yards Backstroke	
	15 to 18 Boys 50 Yards Backstroke	
	15 to 18 Girls 50 Yards Backstroke	

<i>(May I have the 15 yard ROPE Please?)</i>		
<b>Breaststroke</b>	<i>Swimmers Ready; Step Up; Take Your Mark</i>	
	6 & under Boys 15 Yards Breaststroke	
	6 & under Girls 15 Yards Breaststroke	
	<i>(Please remove the 15 yard ROPE)</i>	
	7 & 8 Boys 25 Yards Breaststroke	
	7 & 8 Girls 25 Yards Breaststroke	
	9 & 10 Boys 25 Yards Breaststroke	
	9 & 10 Girls 25 Yards Breaststroke	
	<i>Judges &amp; Timers Please come to the STARTING Side of the Pool</i>	
	11 & 12 Boys 50 Yards Breaststroke	
	11 & 12 Girls 50 Yards Breaststroke	
	13 & 14 Boys 50 Yards Breaststroke	
	13 & 14 Girls 50 Yards Breaststroke	
	15 to 18 Boys 50 Yards Breaststroke	
	15 to 18 Girls 50 Yards Breaststroke	
	<i>(Judges &amp; Timers Please go to the FAR side of the pool)</i>	
<b>Butterfly</b>	<i>Swimmers Ready; Step Up; Take Your Mark</i>	
	7 & 8 Boys 25 Yards Butterfly	
	7 & 8 Girls 25 Yards Butterfly	
	9 & 10 Boys 25 Yards Butterfly	
	9 & 10 Girls 25 Yards Butterfly	
	<i>Judges &amp; Timers Please come to the STARTING Side of the Pool</i>	
	11 & 12 Boys 50 Yards Butterfly	
	11 & 12 Girls 50 Yards Butterfly	
	13 & 14 Boys 50 Yards Butterfly	
	13 & 14 Girls 50 Yards Butterfly	
	15 to 18 Boys 50 Yards Butterfly	
	15 to 18 Girls 50 Yards Butterfly	
<b>Free Relay</b>	<i>Swimmers Ready; Step Up; Take Your Mark</i>	
	7 & 8 Boys 100 Yards Freestyle Relay	
	7 & 8 Girls 100 Yards Freestyle Relay	
	9 & 10 Boys 100 Yards Freestyle Relay	
	9 & 10 Girls 100 Yards Freestyle Relay	
	11 & 12 Boys 200 Yards Freestyle Relay	
	11 & 12 Girls 200 Yards Freestyle Relay	
	13 & 14 Boys 200 Yards Freestyle Relay	
	13 & 14 Girls 200 Yards Freestyle Relay	
	15 to 18 Boys 200 Yards Freestyle Relay	
	15 to 18 Girls 200 Yards Freestyle Relay	

Judges and Timers, this is a MAIN EVENT. Are you Ready?  
Timers, this is a HEAT