

# Red and Black Meet

The goal of this meet is the following:

- establish ownership in the team
- lead members in a smaller group
- understand the meet process and strategy of swimming
- have newer swimmers meet and become comfortable with the team in a smaller group
- establish more eligibility times

Week 1:

- Teams rosters will be announced.
- Red vs Black Car Wash - Saturday 8/18
- Red vs Black Food Fight (items due morning practice 8/24)

8/20 Monday & 8/21 Tuesday:

-Teams will be given 1 hour at practice to break out and create their own workout, stressing the components *they* feel are important the morning of a meet. A coach will be on either side of the pool with a team to aid them in their workouts.

8/22 Wednesday:

-Team entry sheet is due by. Teams can only have 2 relay teams (A, B) per relay event. Every team member must be in at least one relay and one individual event. There will be two scoring heats of 200 free, 200 IM, and 100 FLY; only one scoring heat of 50 Free, 100 Free, 500 Free, 100 Backstroke, and 100 Breaststroke.

-Points will be awarded as the standard High School value of a 6 lane meet.

Individuals: 6-4-3-2-1

Relays: 8-4-2

Awards:

1. Thrill of victory and team bonding!
2. Each member of the winning team will be able to bring a "set" to be performed at practice during the next two Friday morning practices (however, said set must be approved by the coach and maybe altered based on swimmer ability or length).

Girls 200 Medley Relay:	Bk:	Bk:	
	Br:	Br:	
	Fly:	Fly:	
	Fr:	Fr:	
Boys 200 Medley Relay:			
	Bk:	Bk:	
	Br:	Br:	
	Fly:	Fly:	
	Fr:	Fr:	
Girls 200 Freestyle	1.	2.	3.
	4.	5.	6.
Boys 200 Freestyle	1.	2.	3.
	4.	5.	6.
Girls 200 IM	1.	2.	3.
	4.	5.	6.
Boys 200 IM	1.	2.	3.
	4.	5.	6.
Girls 50 Free	1.	2.	3.
Boys 50 Free	1.	2.	3.
Girls 100 Butterfly	1.	2.	3.
	4.	5.	6.

Boys 100 Butterfly	1.	2.	3.
	4.	5.	6.
Girls 100 Free	1.	2.	3.
Boys 100 Free	1.	2.	3.
Girls 500 Free	1.	2.	3.
Boys 500 Free	1.	2.	3.
Girls 200 Free Relay:	1.	1.	
	2.	2.	
	3.	3.	
	4.	4.	
Boys 200 Free Relay:			
	1.	1.	
	2.	2.	
	3.	3.	
	4.	4.	
Girls 100 Backstroke	1.	2.	3.
Boys 100 Backstroke	1.	2.	3.
Girls 100 Breaststroke	1.	2.	3.

Boys 100 Breaststroke	1.	2.	3.
Girls 400 Free Relay:	1.	1.	
	2.	2.	
	3.	3.	
	4.	4.	
Boys 400 Free Relay:			
	1.	1.	
	2.	2.	
	3.	3.	
	4.	4.	