

# 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 High School swimming
- establish more eligibility times

## **Monday:**

- Teams rosters will be announced. (Black-Seniors, Red- Juniors, Sophomores, Freshmen)
- Red vs Black Food Fight begins (items due at meet 10/17)

## **10/14 Wednesday & 10/15 Thursday:**

-Teams will be given 45 minutes at practice to break out and create their own workout, stressing the components *they* feel are important the morning of a meet, including warm up. A coach will be on either side of the pool with a team to aid them in their workouts.

## **10/15 Friday:**

- Team entry sheet is due by this day. Email [ushadiva@comcast.net](mailto:ushadiva@comcast.net)
    - Teams can only have 2 relay teams (A, B) per relay event.
    - Max entry is 2 individuals and 2 relays or 1 individual and 3 relays.
    - Every team member must be in at least one relay and one individual event.
    - 4 entries per team per certain events; the option of 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

**10/17 Saturday:** Food Fight Finale: all can foods are due to at the meet for counting. Teams will receive points per item donated; double points for Nutrigrain bars, Chef-Boyardee, and macaroni and cheese.

**10/17 Saturday-** Red vs Black Car Meet and Senior Ceremony. (2:30pm)

- Ceremony first. Parents/ siblings of Seniors will need to be temperature checked and wait on Family pool side until their child will be called. Face masks need to be worn while on deck but can be taken off for photos with graduate.
- Face masks will be worn by all athletes while on deck and in procession line.

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.
Boys 200 Freestyle	1.	2.	3.
Girls 200 IM	1.	2.	3.
Boys 200 IM	1.	2.	3.
Girls 50 Free	1.	2.	3.
Boys 50 Free	1.	2.	3.
Girls 100 Butterfly	1.	2.	3.

Boys 100 Butterfly	1.	2.	3.
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.	