

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

Friday:

- Teams rosters will be announced.
- Red vs Black Food Fight begins (items due morning of 10/13). Food donations for St. Johns County HUGS Organization helping students and families of St. Johns County Schools.
- Double points given for the following food donations: Chef Boyardee meals, Easy Mac, Mac & Cheese, Canned Sausages, Canned Chicken, Six Pack applesauces, Fruit Cups, Chewy/ Regular Granola Bars, Pop Tarts, Flavored Oatmeal, Boxed Cereal, Individual Cereals.
- Triple points for hygiene items: travel size or larger shampoo, conditioner, soap, deodorant, toothbrushes, tooth paste, new socks (kids- adult sizes), new pairs of underwear (kids- adult sizes)

10/8 Sunday- Red vs Black Car Wash @ PDQ (2-4pm)

- Athletes should arrive by 1:30 pm to set up and prep
- 2 Donation tickets are given to each swimmer. They can sell the ticket for any donation amount. When the ticket is turned in OR donation money is turned in at the car wash, the swimmer and their team will receive credit.
- Buyer of the ticket need to bring their car and the ticket for their wash.
- Any money raised not through ticket donations will be split between the teams.

10/9 Monday, 10/10 Tuesday & 10/12 Thursday:

-Teams will be given 30 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.

10/11 Wednesday:

- Team entry sheet is due by this day. Email 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

10/13 Friday: Food Fight Finale: all food donations are due to the pool for counting. Teams will receive points per item donated (or double/ triple a mentioned above).

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.	