

# Tom Crocker Relays

**Date:** Saturday, February 24, 2024

**Location:** Newark Memorial Pool

**Time:** Warm-ups 7:00-8:45 a.m.

Pool Clears 8:45-9:00 a.m.

Meet begins 9:00 a.m.

1. Each team should supply at least one timer and one recorder.
2. At the end of the meet we will have a championship committee meeting, please have a parent that is able to represent your team.
3. Each swimmer may enter only four (4) events.
4. This year we will not have entry cards. I will ask that you fill out a Google Sheets form that we will print to have recorders write down entry times. Google Sheet will be shared with you directly.
5. Absolutely no running on deck!

## EVENTS

event	Girls J. V.
#1	4 X 50 Free Relay
#5	4 X 50 Fly Relay
#9	4 X 50 Medley Relay
#13	4 X 50 Breast Relay
#17	4 X 50 Back Relay
#21	8 X 25 Kickboard Relay *
#25	4 X 50 IM Relay**
#29	4 X 100 Free Relay
#33	All Events Relay ***
#37	8 X 25 Free Relay ****

event	Boys J. V.
#2	4 X 50 Free Relay
#6	4 X 50 Fly Relay
#10	4 X 50 Medley Relay
#14	4 X 50 Breast Relay
#18	4 X 50 Back Relay
#22	8 X 25 Kickboard Relay *
#26	4 X 50 IM Relay**
#30	4 X 100 Free Relay
#34	All Events Relay ***
#38	8 X 25 Free Relay ****

event	Girls Varsity
#3	4 X 50 Free Relay
#7	4 X 50 Fly Relay
#11	4 X 50 Medley Relay
#15	4 X 50 Breast Relay
#19	4 X 50 Back Relay
#23	8 X 25 Kickboard Relay *
#27	4 X 50 IM Relay**
#31	4 X 100 Free Relay
#35	All Events Relay ***
#39	8 x 25 Free Relay ****

event	Boys Varsity
#4	4 X 50 Free Relay
#8	4 X 50 Fly Relay
#12	4 X 50 Medley Relay
#16	4 X 50 Breast Relay
#20	4 X 50 Back Relay
#24	8 X 25 Kickboard Relay *
#28	4 X 50 IM Relay**
#32	4 X 100 Free Relay
#36	All Events Relay ***
#40	8 X 25 Free Relay ****

\*Kickboard relay – Swimmers must be in the water for the start and the exchange. On the exchange, swimmers must have one hand on the wall as they grab the kick board. Swimmers must keep both hands on the kick board the rest of the lap.

\*\*Each swimmer swims half a lap of each stroke. (Fly, back, breast, free)

\*\*\*All events relays will be 5 swimmers - (50bk -50bs -50fly -100 IM -50fr)

\*\*\*\* 8 X 25 will be 8 swimmers – 25 yards each. No Running Starts!

## Lane Assignments

#1	American	#2	James Logan
#3	Washington	#4	Mission San Jose
#5	Irvington	#6	Newark Memorial
#7	Moreau	#8	Kennedy

\*These lanes are your team's lane for the entire meet.