

# 2008 "DAY OF JOY" CPSL RELAY MEET

## Details

### Entries:

- Entry cards are requested for the first heat of each event; subsequent heats may be organized during the meet.
- Each swimmer will participate in the first heat at least once, but there is no limit to the total number of times a swimmer may participate in the meet.
- For logistics purposes (food and staff planning), please provide a head count of swimmers to Mechteld Hillsley no later than Tuesday, July 15.

Scoring: No scoring, but heat winners will be decided by place **judging**.

### Notes:

- Multiple heats of each event will be run as time and interest warrant
- Heat one will include only one relay from each team (or combination of teams if needed); additional heats may include relays with combinations of swimmers from different teams or additional relays from each team.
- Many of the events are "mixed age and gender." We realize that it may not be possible to include a girl and boy from every age group for every event, but we ask that you use your best judgment and sportsmanship to make your relay balanced and equitable. This is a great opportunity for older swimmers to serve as role models for their younger teammates, so we discourage one age group or gender from dominating an event.

A full snack bar with breakfast items will be available during the meet

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## Order and Description of Events

### 400 IM relay

Four swimmers, mixed age and gender. Each swimmer swims 100 IM

### 200 Sweatshirt relay

Eight swimmers, one sweatshirt (supplied). Mixed age and gender. Each swimmer swims one length wearing the sweatshirt, exits the pool, and transfers the sweatshirt to the next swimmer.

### 400 Free relay

Sixteen swimmers, mixed age and gender. Each swimmer swims one length of the pool.

### 100 Corkscrew relay

Four swimmers, mixed age and gender. Each swimmer swims one length using the “corkscrew” stroke (one arm pull freestyle, one arm pull backstroke).

### 200 Backstroke relay

Four to eight swimmers. Must be mixed age and gender. 10 and under swim 25’s, 11 and up swim 50’s. First swimmer starts in the water; second, third and fourth swimmer dive and roll to back before their first arm pull (water depth permitting).

### 200 Inner tube relay

Eight swimmers, one inner tube (supplied). Mixed age and gender. All starts will be in the water. Each swimmer must be on or in the tube and complete one length before transferring the tube to the next swimmer.

### 150 Piggyback relay

Twelve swimmers (6 pairs consisting of one 8under, one 13up). Mixed gender. Start in the water. Older swimmer carries the younger swimmer on his/her back for one length.

### 200 Butterfly relay

Four to eight swimmers. Must be mixed age and gender. 10 and under swim 25’s, 11 and up swim 50’s.

### 200 Wheelbarrow relay

Eight swimmers (4 pairs). Mixed age and gender. Lead swimmer uses arm strokes, following swimmer kicks while holding legs of lead swimmer. Each pair swims 2 lengths.

### 150 Noodle relay

Six swimmers, mixed age and gender. Each swimmer swims one length on a “noodle” flotation aid.

### 200 Kicking relay

Eight swimmers, mixed age and gender. Each swimmer kicks one length of the pool. Swimmers age eight or younger can use a kickboard if desired.

### 10U 200 Freestyle relay

Eight swimmers, mixed age and gender. Each swimmer swims one length of the pool.

#### 200 Progressive relay

Eight swimmers, one inner tube (supplied). Mixed age and gender. First swimmer pushes/pulls the tube one length. Second swimmer joins the first swimmer and push the tube another length. Third swimmer joins the first two, etc. All swimmers must keep some body part on/in the tube.

#### 200 Breast stroke relay

Four to eight swimmers. Must be mixed age and gender. 10 and under swim 25's, 11 and up swim 50's.

#### 400 Team freestyle relay

Coaches and swimmers, mixed age and gender. Each swimmer swims one length of the pool. Any number of coaches must swim ½ of the total event.

#### 200 Dog (frog) paddle relay

Eight swimmers, mixed age and gender. Each swimmer swims one length of the pool.

#### 200 Coaches inner tube relay

Each coach "swims" two lengths of the pool in/on an innertube (supplied). All starts will be in the water. Lane lines will be removed during this event. Team members may kick/splash/make waves from the sides of the pool during the event.