

Dual Meet Format

Dual Meets This is a learning experience, please have your swimmer sign up for all events in his/her age group. For each meet swimmers must have a **3 by 5 index card** for each event and which must be submitted to coaches before the meet begins. Index card information below.

Index Card Example

Index Card Blank cards and the chart below are available at all practices for you to make before each meet. If you cannot attend a practice, please make them at home and give them to the coaches before the start of the meet.

***Do not sign up for Relays or the IM.**

Name	Event #
Canton/Walpole	
	Heat: _____
	Lane: _____

Event	Girls	Age	Stroke	Yards	Boys	Event
1	girls	8&U	fly	25	boys	2
3	girls	9-10	fly	25	boys	4
5	girls	11-12	fly	50	boys	6
7	girls	13-14	fly	50	boys	8
9	girls	15-18	fly	50	boys	10
11	girls	8&U	crawl	25	boys	12
13	girls	9-10	crawl	25	boys	14
15	girls	11-12	crawl	50	boys	16
17	girls	13-14	crawl	50	boys	18
19	girls	15-18	crawl	50	boys	20
21	girls	8&U	breast	25	boys	22
23	girls	9-10	breast	25	boys	24
25	girls	11-12	breast	50	boys	26
27	girls	13-14	breast	50	boys	28
29	girls	15-18	breast	50	boys	30
31	girls	8&U	back	25	boys	32
33	girls	9-10	back	25	boys	34
35	girls	11-12	back	50	boys	36
37	girls	13-14	back	50	boys	38
39	girls	15-18	back	50	boys	40
41	girls	8&U	free relay	100	boys	42
43	girls	9-10	free relay	100	boys	44
45	girls	11-12	free relay	200	boys	46
47	girls	13-14	free relay	200	boys	48
49	girls	15-18	free relay	200	boys	50
51	girls	9-10	IM	100	boys	52
53	girls	11-12	IM	100	boys	54
55	girls	13-14	IM	100	boys	56
57	girls	15-18	IM	100	boys	58