

# Saanich District Elementary Schools Swim Meet

## SCHEDULE OF EVENTS

1.	<b>Freestyle</b>	Grade 3	Girls
2.	<b>Freestyle</b>	Grade 3	Boys
3.	<b>Freestyle</b>	Grade 4	Girls
4.	<b>Freestyle</b>	Grade 4	Boys
5.	<b>Freestyle</b>	Grade 5	Girls
6.	<b>Freestyle</b>	Grade 5	Boys
7.	<b>Breaststroke</b>	Grade 3	Girls
8.	<b>Breaststroke</b>	Grade 3	Boys
9.	<b>Breaststroke</b>	Grade 4	Girls
10.	<b>Breaststroke</b>	Grade 4	Boys
11.	<b>Breaststroke</b>	Grade 5	Girls
12.	<b>Breaststroke</b>	Grade 5	Boys
13.	<b>Backstroke</b>	Grade 3	Girls
14.	<b>Backstroke</b>	Grade 3	Boys
15.	<b>Backstroke</b>	Grade 4	Girls
16.	<b>Backstroke</b>	Grade 4	Boys
17.	<b>Backstroke</b>	Grade 5	Girls
18.	<b>Backstroke</b>	Grade 5	Boys
19.	<b>Freestyle Relay</b>	Grade 3	Girls
20.	<b>Freestyle Relay</b>	Grade 3	Boys
21.	<b>Freestyle Relay</b>	Grade 4	Girls
22.	<b>Freestyle Relay</b>	Grade 4	Boys
23.	<b>Freestyle Relay</b>	Grade 5	Girls
24.	<b>Freestyle Relay</b>	Grade 5	Boys
25.	<b>Mixed Medley Relay</b> Backstroke, Freestyle, Breaststroke, Freestyle	Grade 4	2 Girls & 2 Boys
26.	<b>Mixed Medley Relay</b> Backstroke, Freestyle, Breaststroke, Freestyle	Grade 5	2 Girls & 2 Boys

**ELEMENTARY SWIM MEET**  
**Wednesday March 13, 2019**

**Swimmers ready to go at 12:00**  
**Start at 12:15**  
**Estimated Finish Time at 2:00-2:15**

- Start time is 12:15. We will allow swimmers 10 minutes to warm-up so please have them ready by 12:00. For warm up lanes, Brentwood Lane 1, Cordova Bay Lane 2, Deep Cove Lane 3, Lochside Lane 4, Keating Lane 5, Kelset Lane 6, Prospect Lake Lane 7, Sidney Lane 8
- Kids should have a snack/lunch prior to leaving for the pool.
- Please remind your students to stay in their lanes when they are finished their swim. After their race they can get a ribbon and take it back to you or another adult. Bring something to keep ribbons in, and record your results in heats. Swimmers must take ribbons directly to coach (or supervisor) after each heat.
- Bring a school banner to hang on railings.
- No parents on deck unless requested.
- Clothes: Ask swimmers to bring bag to keep on deck with them - lockers are limited. Students can leave packs etc. in the stands or bring them on deck.
- Each swimmer may enter 2 individual events and one relay. Each school may enter 2 teams per relay event. Swimmers can swim 'up' a grade but not 'down' and only if necessary to make up a team. Doesn't matter if boys swim in girls' relays or visa versa.
- We do not want a list of your swimmers.
- No food on deck. However, water bottles are a good idea.
- Discourage students from using concession.
- Parking is also going to be limited. Please remind your parents not to park in Cannor Nurseries or in the church parking lots.

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1. **ENTRY:** Send swimmers to staging area. As many as you wish for that event, but remember a swimmer can only enter 2 individual events. Walk around the pool deck to staging area.
2. **STAGING:** Watch the white board for events being staged and listen for the announcements. Please don't send swimmers down until event is being staged.
3. **START** : "Swimmers Ready...Set...Go..."
4. **FALSE START:** Horn sounds repeatedly. We try hard not to have any!!
5. **LANES:** Lanes will be designated at staging area. Swimmers must watch their lanes, but no disqualifications if swimmer touches the rope.
6. **FINISH:** Be sure to have your swimmers TOUCH THE END OF THE POOL. Swimmers are to stay in the water until asked to get out. Ribbons will be handed out at the finish and must be taken directly back to their coach.
7. **RELAY:** Relay team to staging area. Be sure they know which position (1 - 4) they will be swimming. Marshals will take them to their proper places.
8. **BREASTSTROKE:** Reasonable stroke and kick. We don't worry about 2 hand touch.