

## Event and Lane Information

### Events

Event names and event numbers should be written on each card. See chart below. In VHSL, events #9-10 are diving events which we do not have so we skip over those numbers.

Boys' Event #	Event Name	Girls' Event #
1	200 Medley Relay	2
3	200 Free	4
5	200 IM	6
7	50 Free	8
11	100 Fly	12
13	100 Free	14
15	500 Free	16
17	200 Free Relay	18
19	100 Back	20
21	100 Breast	22
23	400 Free Relay	24

Medley Relays:

In **Medley Relays**, the swimmer order differs from IM order. Medley Relays should list swimmers in the order of **(1)-Back, (2)-Breast, (3)-Fly, (4)-Free**.

Lane Assignments:

When assigning lanes for relay cards, lanes are assigned in the following order (check with coach to verify whether we are using even or odd lanes for the meet):

- A- Lane 4 or 5
- B- Lane 6 or 3
- C- Lane 2 or 7
- D- Lane 8 or 1

## Resource

Another resource: <http://www.nfhs.org/activities-sports/swimming-diving/>

Swimming & Diving Rule Changes: <http://www.nfhs.org/activities-sports/swimming-diving/>

**ART.1 . . .** The event order for all meets shall be as follows:

**ART. 2 . . .** In non-championship meets:

- a. by prior mutual consent of competing teams, the diving event may be the first event;
- b. there shall be a break of at least 15 minutes, with at least 10 minutes warmup in the water, prior to the 100-yard butterfly unless competing coaches verbally agree to shorten the time);
- c. in 20-yard pools, it is recommended the 200-yard medley events be 160-yard events and the 50-yard freestyle be a 60-yard event.

**ART. 3 . . .** In championship meets, by state high school association adoption, the diving event may be the first event with a brief warmup in the water prior to the medley relay. Prior to the 100-yard butterfly, there shall be a break of at least 15 minutes, with at least 10 minutes warmup in the water.