

Boys vs Girls Meet

Date/Location: January 16, 2018 at 8:15 pm at the Potomac Club

Team Captains make the line-ups for each team. Line-ups are due on Sunday, January 13, 2018, no later than 5:00 p.m.

Everyone must compete in at least 2 events. Swimmers can swim in up to 2 individual events. Swimmers can participate in a maximum of 3 events (2 individual, 1 relay or 1 individual and 2 relay) - Not including Australian

Everyone participates in the Australian Relay

Each team gets 3 entries per event, including relays.

Scoring: Individual - 6, 4, 3, 2, 1; Relays - 8, 4, 2; Australian – 4

Girls are given a “handicap” of time equal to the difference between State Qualifying Standard times to make the races “even” at the start.

Coaches are the officials and score keepers

Events (handicap time):

200 Medley Relay (10.88)

200 Free (10.97)

200 IM (15.38)

50 Free (2.22)

100 Fly (6.71)

100 Free (5.66)

400 Free (19.56)

200 Free Relay (10.09)

100 Back (6.49)

100 Breast (8.41)

400 Free Relay (19.62)

Australian Relay (--)

Additional Point Opportunities (more may come at Coaches' discretion):

Report Cards Bonus: +5 Points – Awarded to Girls

Plank Challenge: +5 Points

Attendance (Percentage of Team) at Tuesday Practice: +5 Points

First Team in the Water at Practice of B vs G week: +5 Points/Day

Last Team to leave Potomac Club at Practice of B vs G week: -5 Points/Day

Best Spirit on Wednesday of B vs G week: +5 Points