

DSA Dual Meet Information

Have you signed up to volunteer? Use job sign-up for timing sign up or contact Kristen Greenwood for other volunteer needs.

What to bring:

- Ez-up tent for swimmers (most age groups need 1 tent each), chairs, blankets (for sitting)
- WATER, healthy snacks
- Flip flops or sandals for swimmers. They will be walking on wooden, wrap-around deck for event seeding at home meets
- Swimmers should arrive in their meet suit, bring goggles & back up pair, OPST cap, 2 towels
- Parka, sweats, warm clothes – as soon as sun goes down it gets chilly
- OPST team gear!

Upon arrival:

- Swimmers check in with age group parent/coach by posted arrival time

- Families check in with volunteer coordinator
- Write Meet Events on (dry) swimmers hand/arm using a black Sharpie. Also helpful to parents and timers if each swimmer has their name & age written on their back

E	H	L	S
Event #	Heat #	Lane#	Stroke, relay leg

Order of Events:		
Free Relays	100 yd for 10&U age groups. Each leg is 25 free. 1 st & 3 rd leg at starting block end 2 nd & 4 th at opposite end for an in-water exchanges.	200 yd for 11&up All at starting block end. Each leg swims a 50 free
Fly	25 for 10&U; 50 for 11&up	
Back	25 for 10&U; 50 for 11&up	
Breast	25 for 10&U; 50 for 11&up	Timers switch after 9/10 boys swim
Free	25 for 10&U; 50 for 11&up	
IM (Individual Medley)	100 IM for 9 & up	<u>Order:</u> Fly, Back, Breast, Free
Medley Relay	100 yd for 10&U age groups. Each leg swims a 25 (1 lap) 1 st & 3 rd leg at starting block end 2 nd & 4 th at opposite end for in-water exchanges.	200 yd for 11&up All at starting block end. Each leg swims a 50
<u>Order:</u> Back, Breast, Fly Free		

**** DO NOT LEAVE THE MEET WITHOUT YOUR SWIMMER CHECKING IN WITH A COACH. THERE IS ALWAYS A POSSIBILITY SWIMMERS ARE ADDED TO A REALY ****

Reading a Heat Sheet/Program:

- Look for combined events in the program. A bracket to the left of events means heats are being combined. Lane assignments not seating swimmers from the center of the pool is also an indication. Ask if you are unsure.
- Relays: always check next age group up for your swimmers. They often swim up to fill a relay

1. Individual Events

Event # (points to #61) **Gender/Age** (points to Girls 11-12) **Distance & Stroke** (points to 100 Yard M)

Heat # (points to Heat 1 of 1) **Lane #'s** (points to Lane 1-6)

Lane	Name	Age	Team	Seed Time
#61 Girls 11-12 100 Yard M				
Heat 1 of 1 Finals				
1	McDaniel, Addy M	11	OPST-MD	1:42.49
2	Canham, Natalie M	12	OPST-MD	1:34.71
3	Leone, Autumn	12	LFSC-MA	1:48.49
4	Gjokura, Harris	12	OPST-MD	1:34.24
5	Buchman, Riley	11	LFSC-MA	1:49.00
6	Noonan, Ashleigh A	11	OPST-MD	1:40.64
#62 Boys 11-12 100 Yard M				
Heat 1 of 1 Finals				
2	Karcheuski, Daniel V	11	OPST-MD	1:29.74
3	Morey, Matthew	12	LFSC-MA	NT
4	Diehl, Adam J	12	OPST-MD	1:25.71
5	Cami, Reid S	11	OPST-MD	1:44.23

Age & Team (for when you're looking for our swimmers) (points to 11 OPST-MD)

2. Relay Events

6&U, 7/8, 9/10 - Relays are 100-yard distances (25 yd or 1 lap per swimmer). Swimmers #1 & #3 at starting block end, swimmers #2 & #4 at opposite end of pool.

11/12 and up relay events are 200-yard distances (50 yd or 2 laps per swimmer). All swimmers at starting block end of pool

FOR ALL EVENTS - LOOK FOR BRACKETS TO THE LEFT OF EVENTS. THIS INDICATES COMBINED HEATS

Type of Relay (Medley or Free) (points to Medley Relay)

Relay Order
Medley Relay Order
 1- Back
 2- Breast
 3- Fly
 4- Free

Lane	Team	Relay	Seed Time
#69 Girls 9-10 100 Yard Medley Relay			
Heat 1 of 1 Finals			
5	LFSC-MA	A	1:30.68
	Miller, Olivia 10	Burke, Julia 9	
	Sweet, Abigail 9	Boyer, Katie 10	
#70 Boys 9-10 100 Yard Medley Relay			
Heat 1 of 1 Finals			
3	LFSC-MA	A	1:44.41
	Burritt, Jackson 9	Messick, Jacob 10	
	Buchman, Mason 9	Drenthe, Brandon 9	
4	OPST-MD	A	1:31.35
1	Fink, Nate G 9	Hamer, Jake S 10	2
3	Yonyak, Sasha V 10	St Pierre, Matt W 10	4