



**WAVES SWIM TEAM**  
**BLUE vs. ORANGE**  
**INTERSQUAD FUN MEET**



**THIS MEET DOES NOT COUNT TOWARD PARTICIPATION AT AMSA CHAMPS**

**WHAT IS THIS?**

The overall team will be split up into 2 intersquad teams...Blue vs. Orange. The two teams will compete against each other in a fun meet with some normal and some unique events. The purpose of this is to offer another fun meet for our swimmers and instill some good sportsmanship lessons along the way. Blue and Orange team rosters will be determined by the coaches and sent out before rivalry week. Swimmers may be switched from team to team based on coaches to discretion to create the most fun & competitive meet possible.

**Timeline**

- 5:00 Team Arrive
- 5:10-5:25 10 & under warmup (both blue and orange teams)
- 5:25-5:40 11 & under warmup (both blue and orange teams)
- 5:40-5:50 National Anthem, Team Meetings, relays lineup.
- 5:50 Meet start

**Blue and Orange Team Rosters**

Will be determined by the head coach and sent out the week before the meet.

**Scoring**

RELAYS: 1st-10pts, 2nd-6pts, 3rd-4pts (each team can only score 2 relays per event)  
 INDIVIDUAL EVENTS: Top 20 Score (20,19,18,17,16,15,14,13,12,11,10,9,8,7,6,5,4,3,2,1)

**Coaching Staff**

BLUE TEAM	ORANGE TEAM
<b>Coach Keith</b> <b>Coach Emilia</b> <b>Coach Becky</b> <b>Coach Kaylee</b> <b>Coach Lainey</b> <b>Coach Anna</b> <b>Coach Sal</b>	<b>Coach Matt</b> <b>Coach Joe</b> <b>Coach Nate</b> <b>Coach Sophia</b> <b>Coach Cristian</b> <b>Coach Luke</b> <b>Coach Hope</b> <b>Coach Miles</b>
<b>HEAD COACH / MEET DIRECTOR - Coach Will</b>	



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**MEET EVENTS**

8 & Under 100 M Mixed Medley Relay  
9-10 100 M Mixed Medley Relay  
11-12 200 M Mixed Medley Relay  
13-14 200 M Mixed Medley Relay  
15-18 200 M Mixed Medley Relay

10 & Under 50 Free Girls  
10 & Under 50 Free Boys  
11 & Over 100 Free Girls  
11 & Over 100 Free Boys

10 & Under 25 Fly Girls  
10 & Under 25 Fly Boys  
11 & Over 50 Fly Girls  
11 & Over 50 Fly Boys

11 & Over Mystery Event - Girls (Event to be drawn out of hat before race begins) 2 heat limit  
11 & Over Mystery Event - Boys (Event to be drawn out of hat before race begins) 2 heat limit

10 & Under 25 Back Girls  
10 & Under 25 Back Boys  
11 & Over 50 Back Girls  
11 & Over 50 Back Boys

Open 100 IM Girls 4 heat limit  
Open 100 IM Boys 4 heat limit

10 & Under 25 Free Girls  
10 & Under 25 Free Boys  
11 & Over 50 Free Girls  
11 & Over 50 Free Boys

10 & Under Mystery Event - Girls (Event to be drawn out of hat before race begins) 2 heat limit  
10 & Under Mystery Event - Boys (Event to be drawn out of hat before race begins) 2 heat limit

10 & Under 25 Breast Girls  
10 & Under 25 Breast Boys  
11 & Over 50 Breast Girls  
11 & Over 50 Breast Boys

8 & Under 100 M Mixed Free Relay  
9-10 100 M Mixed Free Relay  
11-12 200 M Mixed Free Relay  
13-14 200 M Mixed Free Relay  
15-18 200 M Mixed Free Relay

200 Free Relay - Blue Team Coaches Relay vs Orange Team Coaches Relay



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