

# THE G.R.E.A.T.



## Relay Swim Meet

October 22, 2011

This is a **fun family** meet for all age swimmers, coaches, clubs, don't forget moms, dads and grandparents.

Rapid City Swim Center, 125 Waterloo Street, Rapid City, SD

Warm-ups 4:00      Meet Start 4:30

Relay Events: \$15.00 per person (unlimited events)

Swim cap for the 1st 100 swimmers registered

For more details about the meet go to: [GREATSWIMMING.org](http://GREATSWIMMING.org)

Events Include:

**All teams must consist of four (4) people. You may only swim on one team per event.**

- Event 1      **All Witches (Female) 150 (25 50 50 25) Free** (One Swimmer 8 and Under, One Swimmer, 9-12, One Swimmer 13-19 and One swimmer 19-99)
- Event 2      **All Warlocks (Male) 150 (25 50 50 25) Free** (One Swimmer 8 and Under, One Swimmer 9-12, One Swimmer 13-19 and One Swimmer 19-99)
- Event 3      **Mixed Vampire's Fly (All ages)**
- Event 4      **Mixed Spooky Side Stroke 100 (All Ages)**
- Event 5      **Mixed Bat's Back (All ages)**
- Event 6      **Coach and Council Relay 150 (25 50 50 25) Any Stroke**
- Event 7      **Mixed Spider Crawl 50 (All Ages)** Each team will have one pair swim 25 and then the last pair will swim 25. Swimmers are connected on the side.
- Event 8      **Mixed Goblins Free (All ages)**
- Event 9      **Mixed T-Shirt Relay 100 (All Ages)** 1<sup>st</sup> Swimmer Starts with a T-Shirt on, must take off and next swimmer must put on the wet T-Shirt before starting their length of the relay.
- Event 10     **Mixed Trick or Treat Medley 100 (All ages)**
- Event 11     **Mixed Kickboard Stack Relay 100 (All Ages)** Last Swimmer will have to kick with 4 kickboards.
- Event 12     **Mixed Chain Relay 100 (All Ages)** 1<sup>st</sup> Swimmer swims 25 stays in the water and 2<sup>nd</sup> Swimmer attaches to 1<sup>st</sup> Swimmer they swim the next 25, third Swimmer attaches to Swimmer 1 & 2 and they all swim the next 25 then the 4<sup>th</sup> Swimmer attaches to Swimmer 1, 2 & 3 and they all swim the final 25.
- Event 13     **Mixed Endless (5 Minute) Relay** (One Swimmer 8 and Under, One Swimmer 9-12, One Swimmer 13-19 and One Swimmer 19-99). Each person swims a 50, and then you start over with the 1<sup>st</sup> Swimmer. The team that swims the most 50's wins.

Register by e-mail to: [greatswimming@rap.midco.net](mailto:greatswimming@rap.midco.net) and mail a printed copy of the entries and a check for entry fees payable to **GREAT Swim Team, PO Box 182, Rapid City, SD 57709** or by using Hy-Tek Team Manager.

Contact: Jean Mortimer @ (605) 391-7384 or email [greatswimming@rap.midco.net](mailto:greatswimming@rap.midco.net)

