



SGC Super Swim League - Round 3 - Program of Events

Event	Swimmers / Team
Event 1 - MC - 50m Backstroke / 25m Free (75m Total)	1
Event 2 Relay - Mixed All Age Freestyle Ladder Relay (4 x 75m{15yrs+}, 6 x 50m{13-14yrs}, 6 x 25m{11-12yrs})	32
Event 3 Combination - Boys 15yrs+ 100m Freestyle / 50m Freestyle Kick (NO arms)	2
Event 4 Combination - Girls 15yrs+ 100m Freestyle / 50m Freestyle Kick (NO arms)	2
Event 5 Skins - Boys 13-14yrs 50m Backstroke Skins (eliminate 4; first 4 in final) - 2 races	2
Event 6 Skins - Girls 13-14yrs 50m Backstroke Skins (eliminate 4; first 4 in final) - 2 races	2
Event 7 Relay - Mixed 11-12 (25m Back, 50m Fly, 50m Breast, 75m Free) Medley Ladder Relay - 2 teams	8
Event 8 - MC - 75m Freestyle / 25m kick	1
Event 9 Skins Relay - Mixed 15yrs+ 2 x 50m Butterfly - 2 teams (eliminate 4; first 4 in final) NOTE: the teams that qualify for the final four must select swimmers that didn't swim in the heat	4
Event 10 Relay - Mixed 13-14yrs 4 x 50m Freestyle / 2 x 75m Breaststroke - 2 teams	12
Event 11 Relay - Mixed 11-12yrs 4 x 25m Freestyle / 2 x 50m Butterfly - 2 teams	12
2 min Break - Breather - Point Score Update	
Event 12 Relay - Boys 15yrs + 4 x 50 Mystery Medley Relay NOTE: (draw before race to see who swim what stroke)	4
Event 13 Relay - Girls 15yrs+ 4 x 50 Mystery Medley Relay NOTE: (draw before race to see who swim what stroke)	4
Event 14 Combination - Boys 13-14 100m Butterfly / 50 Fly Kick (No Arms)	2
Event 15 Combination - Girls 13-14 100m Butterfly / 50 Fly Kick (No Arms)	2
Event 16 Skins - Boys 11-12yrs 50m Backstroke (eliminate 4; first 4 in final) - 2 races - 2nd Race 50m Breaststroke	2
Event 17 Skins - Girls 11-12yrs 50m Butterfly (eliminate 4; first 4 in final) - 2 races - 2nd Race 50m Backstroke	2
Event 18 - MC - 150IM (25m Fly, Back, Breast - 75m Free)	1
2 min Break - Breather - Point Score Update	
Event 19 - Boys 15+ 200m Mystery Individual Medley	2
Event 20 Combination - Girls 15yrs+ 100m Butterfly / 100m Backstroke	2
Event 21 Skins Relay - Mixed 13-14yrs 4x25m IM Relay (eliminate 4; first 4 in final) - 2 races NOTE: 2nd race 4 x 50m Medley Relay - swimmer of last leg in heat must swim backstroke in final	8
Event 22 - 11-12 Boys Mixed Distance 150m Individual Medley NOTE: 25m Fly / 50m Back / 25m Breast / 50m Free	2
Event 23 - 11-12 Girls 100m Mystery Individual Medley	2
Event 24 - All Age Relay - All Swimmers 16 x 50m (3 per age / gender category) NOTE: team draw before race to determine which gender does 50m Free and which gender does 50m Kick) - will incorporate MC swimmers in here - somehow TBD	33

Each Team has 2 swimmers/relays per event, except events 1, 8, 18

Requirements:

- 11-12yrs Boys and Girls - Min 4 swims - max 5 swims
- 13-14yrs Boys and Girls - Min 4 swims - max 5 swims
- 15yrs+ Boys and Girls - Min 4 swims - max 5 swims