

SCHEDULE OF MEETS

2025

ALL OF THE MEETS WILL BE HELD ON THE DAY OR DAYS TO BE DETERMINED BY THE TEAMS DURING PRACTICE TIMES. IT IS UP TO THE INDIVIDUAL TEAMS TO WORK OUT THE EXACT TIMES BETWEEN THEM. IT IS ALSO UP TO THE 2 TEAMS TO AGREE ON WHERE EACH DUAL MEET WILL BE HELD.

<u>DATE</u>	<u>TEAM</u>	<u>HOST TEAM</u>
JULY 8	FAST VS LSF RAQ VS ICAC	FAST 5:00
JULY 15	FAST VS ICAC RAQ VS LSF	FAST 5:00
JULY 22	FAST VS RAQ ICAC VS LSFS	FAST 5:00
AUGUST 16	RISING STARS MEET 3	FAST 9:00 AM

EACH WEEK THE TEAMS SWIMMING MAY HAVE EXTRA HEATS OF A STROKE. ALL HEATS WILL RECEIVE RIBBONS

JULY 8	EXTRA HEATS OF FREE
JULY 15	EXTRA HEATS OF FREE
JULY 22	EXTRA HEATS OF BACK

THE HOST TEAM WILL ALWAYS BE ASSIGNED THE ODD LANES WHEN SWIMMING VS ONE TEAM.

RULES, REGULATIONS AND GUIDELINES

1. The dual meets are specifically designed for novice swimmers. A swimmer will not be eligible to compete in an event that he/she has achieved a San Diego “B” time in a USA meet or a “AG Championship time in a dual meet.
2. A swimmer may swim in a maximum of 4 events in each meet. This includes relays.
Example: 2 Individual events and 2 relays
3 Individual events and 1 relay
4 Individual events
3. A relay may be any combination of boys and/or girls. A swimmer may swim up to fill a relay.
4. Ribbons will be given as follows: 1-6 individual events
1-3 relays
5. Each meet must have a starter.
6. Each meet must have **EACH TEAM SUPPLY ½ THE WORKERS AT EACH DUAL MEET.**
TOTAL NEEDED FOR EACH MEET: 6 RIBBON WRITERS (SHARE WITH VISTORS)
2 TIMERS PER LANE (SHARE WITH VISITORS)
1 STARTER
A START SYSTEM (WHISTLE STARTS OK)
1 WATCH PER LANE (HOST TEAM TO SUPPLY)
7. It is up to the individual teams whether they will host a snack bar.

2025 NCSSL DUAL MEET FORMAT

GIRLS EVENT #	EVENT	BOYS EVENT #
1	8/U MIXED 100 MEDLEY RELAY	
2	9-10 MIXED 200 MEDLEY RELAY	
3	11-12 MIXED 200 MEDLEY RELAY	
4	13/O MIXED 200 MEDLEY RELAY	
5	6/U 25 FLY	6
7	7-8 25 FLY	8
9	9-10 50 FLY	10
11	11-12 50 FLY	12
13	13/O 50 FLY	14
15	6/U 25 FREE	16
17	7-8 25 FREE	18
19	9-10 50 FREE	20
21	11-12 50 FREE	22
23	13/O 50 FREE	24
25	6/U 25 BREAST	26
27	7-8 25 BREAST	28
29	9-10 50 BREAST	30
31	11-12 50 BREAST	32
33	13/O 50 BREAST	34
35	6/U 25 BACK	36
37	7-8 25 BACK	38
39	9-10 50 BACK	40
41	11-12 50 BACK	42
43	13/O 50 BACK	44
45	8/U 100 IM	46
47	9-10 100 IM	48
49	11-12 100 IM	50
51	13/O 100 IM	52
53	8/U MIXED 100 FREE RELAY	
54	9-10 MIXED 200 FREE RELAY	
55	11-12 MIXED 200 FREE RELAY	
56	13/O 200 MIXED FREE RELAY	