



MEMORIAL H.S. GIRLS SWIMMING & DIVING

Information Sheet for Swimming Families

1. Describe a typical dual meet.

High School dual meets usually start at 5:00 PM and usually last about 1 hr. 30 min. to 2 hours. There are two heats of each swimming event, junior varsity & varsity. The dual meet events are in the following order: 200 Medley Relay, 200 Freestyle, 200 I.M., 50 Freestyle, Diving, 100 Butterfly, 100 Freestyle, 500 Freestyle, 200 Freestyle Relay, 100 Backstroke, 100 Breaststroke, 400 Freestyle Relay. In dual meets without diving there is a 15-20 minute break after the 50 Freestyle.

2. How are meets scored?

In dual meets, points are awarded for places as follows:

Relays: 8-4-2

Individual events: 6-4-3-2-1

Only two relay teams may score for each team in each relay event. All three individuals may score in each individual event.

In championship & other multiple team meets, points are awarded to twelve or sixteen places for individuals, as follows:

Places	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	13 th	14 th	15 th	16 th
1-12	16	13	12	11	10	9	7	5	4	3	2	1				
1-16	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

For relays, the individual points are doubled for each place.

3. What determines the events that my daughter competes in?

Several factors are considered when making line-ups. As coaches we strive to develop swimmers who are versatile. Thus, throughout the season we have the swimmers compete in a variety of events. At the same time, however, we are working toward finding out what our team's best lineup will be for the most competitive dual, invitational, and ultimately, championship meets. In those meets, we attempt to have the swimmers compete in events/dives that will result in the best outcome for the team and individual.

4. How do the girls know what meets they will compete in?

Each girl on the team will compete in meets throughout the season. Line-ups will be posted several days prior to each meet. The line-ups will indicate the events that the swimmers will be competing in for the particular meet posted. Girls not competing in a meet are expected to attend the meet to support their teammates.

5. How are the girls selected for invitational and championship meets?

During the season, we compete in several invitational and championship meets that have limited number of entries. The coaching staff assembles invitational and championship line-ups based on times and performances at meets throughout the season. The swimmers selected will be entered in events that, in our opinion, will result in the best possible outcome for both the team and individual.

6. How are swimmers selected for the WIAA State Swimming & Diving meet?

The WIAA sectional champion in each event automatically advances to the WIAA state championship meet. In addition to the six WIAA sectional winners, the next 18 fastest sectional swimmers and relay teams, from the six Wisconsin sectionals, advance to the WIAA State Swimming & Diving meet at the UW-Natatorium.

5. How are swimmers transported to meets?

For many out-of-town meets a yellow school bus or coach is used to transport the swimmers. Please see the bus schedule for departure times and estimated arrival times.

For several local invitationals and dual meets your daughter(s) are responsible for arriving at the site at a predetermined time as announced by the coaching staff.

6. What should I do if my daughter is ill on a practice or meet day?

Parents please call the Memorial Pool (662-5645) during practice time or call Jason Verhelst at home at (608) 829-0506.

If your daughter is on the school absence list, we will assume that she will not attend practice or compete in the meet. Please call us sometime during that day to inform us of the extent of your daughter's illness.

7. How does one earn a varsity letter?

1. A letter winner MUST complete the swimming season in good standing with the team and coaching staff.
2. Score points in an individual event at the Big Eight Conference meet
3. Compete at the WIAA Sectional meet
4. Seniors who have been on the team for more than one year will earn a letter.
5. The coaching staff reserves the right to letter individuals who do not meet the general requirements listed above.

8. If your daughter is having a problem, to whom should she go to first, captains or coaches?

We want the girls to know that they can always speak to a coach if they are having a problem, although sometimes your daughter(s) may not feel comfortable speaking to a coach and would rather talk to the team captains. The captains act as a liaison between the swimmers and coaches.