

Five Star Relays Rules

19MAY2021

Warm-up 2:30 pm / Start 3:30 pm

- Schools may enter/score 3 relay teams per event
- Individuals may enter in 4 events maximum
- Scoring: 10-8-7-6-5-4-3-2-1
- Lane Assignments: Mountain Range 1/4/7; Horizon 2/5/8; Legacy 3/6/9
- Order of Events
 - #1 200 Medley Relay
 - #2 800 Freestyle Relay
 - #3 400 Individual Medley Relay (4x100 IM)
 - #4 200 Freestyle Relay
 - #5 1-m Diving Relay (2 divers/3 dives each or 3 divers/2 dives each)
 - Schools with an odd number of divers can pair with another school to form an EXHIBITION team which cannot score
 - #6 200 Butterfly Relay
 - #7 400 Medley Relay
 - #8 200 Backstroke Relay
 - Swimmers 2-4 dive from blocks; MUST be on back after 1st pull
 - #9 200 Breaststroke Relay
 - #10 400 Freestyle Relay
- Leadoff swimmers in Events 2, 4, 7, and 10 are eligible for State Qualification
- Rest Breaks: There will be a 4-minute break between events; 10-minute warm-up after the diving event
- Entries due to Ken Ebuna by Monday, 17MAY by 9:00 pm.
- Swimmers, officials, volunteers and spectators MUST wear masks when inside VMAC.
- Officials: Kelley Donahue-Fitch, Ken Classen, Michael Kirby