Appendix X

Sugar Creek Gators Relay Team policy

For the SHRSL dual meets there are two types of relay events. First there is the Medley Relay which is swum by all groups 7 and up. The second relay is the Freestyle relay swum but all groups. In a dual meet the first place relay finisher gains 5 points for their team and the second place finisher gains 2 point. This fact can play an important role in establishing relay teams.

As a general policy the head Coach will set the relay team with the four swimmers that results in the fastest team. There is an exception to that rule. If a specific age group has several fast swimmers it might be desirable to split the swimmers amongst two relay teams to enable the team to take both first and second place finishes thus gaining more points for the team.

For the “Meet of Champions” each team can only send one relay team (“A” relay) per age group. In this case, the Head Coach will create the fastest team possible given the qualified/available swimmers.

**How do you establish the relay team?**

The Head Coach will do their best to establish relay times for each swimmer. This can be accomplished through mock meet, dual meets and time trials during practice.

Each season the SC Gators will host a Mock Meet. One of the many reason we do this is to obtain swim times to heat our swimmers. These times also are used to set relay teams.

When there is not a clear set of four swimmers for any relay event the Head Coach will look for opportunities to identify those four swimmers throughout the season. The Head Coach can take time (splits) during a dual meet. The Head Coach can also hold time trials during practice. Missing a meet or practice and thus missing a time adjustment can result in that swimmer not being placed on the “A” relay.

In the end, the final decision as to the membership of the relay teams is the Head Coach’s to make.