

Welcome to the Valley Gators!



We are thrilled your family has decided to join the Valley Gators! Below is information about how our swim meets work.

For Valley-only swim meets, please arrive to the pool by 5:30. For meets against other teams, please arrive at 5:00. Meets will begin at 6:00.

There are 57 events in each meet - 52 individual and 5 relays.

- When swimming other teams, swimmers may swim in no more than 2 individual events and one relay in each meet or 1 individual event and two relays.
- The order of events is freestyle, breaststroke, individual medley (IM), backstroke, butterfly, and the relays.

The number of laps swum per event is based on age.

- 8 & under - always swim one lap
- 9-10 - swim one lap except for freestyle (2) and IM (4)
- 11-12 - swim two laps except for IM (4)
- 13-14 - swim two laps except for freestyle (4) and IM (4)
- 15-18 - swim two laps except for freestyle (4) and IM (4)

Lineups are posted by gender and last name alphabetically. Here is an example of how an entry would appear on the lineup:

Sophie Friedman (12)
#5 Girls 11-12 Free 1/4
#35 Girls 11-12 Back 2/2

This would mean Sophie is in events 5 and 35. In event 5, she is in heat 1, lane 4. In event 35, she is in heat 2, lane 2.

When swimming against other teams only three swimmers from each team can swim at a time. This means most events have multiple heats.

- Heat placement is based on time. The swimmers that hold the fastest times swim in the earliest heats.
- This year, all swimmers will get a ribbon for each race.

In an attempt to make meets run faster, we may choose to combine events or heats, which results in a swimmer needing to change heats and/or lanes. For this reason, it is extremely important to listen to the announcer.