

SWIM TEAM INFORMATION AND TERMINOLOGY

AGE GROUPS:

Swimmers compete according to their age as of December 1st.

Groups are:

6 & Under

8 & Under

9 & 10

11 & 12

13 & 14

15 – 21 (Depending on school eligibility)

DISTANCES FOR AGE GROUPS:

6 & Under 25's for all strokes

8 & Under 25's for all 4 strokes, 50 Freestyle, and 100 IM

9 & 10 50's for all 4 strokes, 100 Freestyle, and 100 IM

11 & 12 50's for all 4 strokes, 100 Freestyle, and 200 IM

13 & 14 100's for all 4 strokes, 50, 200, & 500 Freestyle, and 200 IM

15 & Over 100's for all 4 strokes, 50, 200, & 500 Freestyle, and 200 IM

Note: One length of the Danville YMCA pool is 25.

RULES:

YMCA swim meets are governed by USA Swimming rules.

MEETS:

DUAL

A meet in which two YMCA teams participates; usually lasting 2 – 3 hours. Coaches will decide what events your child will swim in this meet upon confirmation of attendance

INVITATIONAL

A meet in which the host team invites other swim teams to compete. Coaches will send in entry sheets when entry fees are received. Swimmers usually swim all individual events in their age groups.