

## Rockford (ROCK) Vs. Grand Rapids (GR)

Wednesday, June 19<sup>th</sup>, 2019

<b>Location:</b>	Rockford High School 4100 Kroes St. NE Rockford, MI 49341
<b>Times:</b>	<b>Warm-Up:</b> 5:00 p.m. <b>Meet Start:</b> 6:00 p.m.
<b>Online Sign-Up Deadline:</b>	June 17 <sup>th</sup> , 2019
<b>Swimmer Etiquette:</b>	Swimmers are encouraged to stay on the deck with their team until the end of the meet. As a part of good sportsmanship, all team members are to divide their time at meets between racing, warming up/cooling down, and cheering on their team mates. If a swimmer needs to go to the stands to speak to their parents or has to leave early, they <b>must first check with a coach</b> .
<b>Individual Entry Limits:</b>	Swimmers are limited to 2 <i>individual events</i> & 2 <i>relays</i> .
<b>Scoring:</b>	Individual events-- 6, 4, 3, 2, 1. Relays-- 8, 4, 2.
<b>Results:</b>	Complete Meet Results will be published on <i>Meet Mobile</i> and will be posted in the results section of the GR website: <a href="http://www.graquatics.org/meets">www.graquatics.org/meets</a> .
<b>First Aid:</b>	First aid supplies are kept in the pool office.

**Wednesday, June 19<sup>th</sup>, 2019**

**Age Group Dual Meet**

**Warm-Up: 5:00 p.m. Meet Start: 6:00 p.m.**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	8 & Under 100 Medley Relay	2
3	9-10 200 Medley Relay	4
5	11-12 200 Medley Relay	6
7	13-14 200 Medley Relay	8
9	15-18 200 Medley Relay	10
11	9-10 200 Freestyle	12
13	11-12 200 Freestyle	14
15	13-14 200 Freestyle	16
17	15-18 200 Freestyle	18
19	9-10 100 I.M.	20
21	11-12 100 I.M.	22
23	13-14 100 I.M.	24
25	15-18 200 I.M.	26
27	8 & Under 25 Freestyle	28
29	9-10 50 Freestyle	30
31	11-12 50 Freestyle	32
33	13-14 50 Freestyle	34
35	15-18 Freestyle	36
37	8 & Under 25 Butterfly	38
39	9-10 50 Butterfly	40
41	11-12 50 Butterfly	42
43	13-14 50 Butterfly	44
45	15-18 100 Butterfly	46
47	8 & Under 50 Freestyle	48
49	9-10 100 Freestyle	50
51	11-12 100 Freestyle	52
53	13-14 100 Freestyle	54
55	15-18 100 Freestyle	56
57	8 & Under 25 Backstroke	58
59	9-10 50 Backstroke	60
61	11-12 50 Backstroke	62
63	13-14 100 Backstroke	64
65	15-18 100 Backstroke	66
67	8 & Under 25 Breaststroke	68
69	9-10 50 Breaststroke	70
71	11-12 50 Breaststroke	72
73	13-14 100 Breaststroke	74
75	15-18 100 Breaststroke	76
77	8 & Under 100 Freestyle Relay	78
79	9-10 200 Freestyle Relay	80
81	11-12 200 Freestyle Relay	82
83	13-14 200 Freestyle Relay	84
85	15-18 200 Freestyle Relay	86