

Rockford Riptide (ROCK)
 Vs.
Grand Rapids Aquatics (GR)
Thursday, January 10th, 2019

Location:	Rockford High School 4100 Kroes St. NE Rockford, MI 49341-9295
Times:	Warm-Up: 6:00 p.m. Meet Start: 7:00 p.m.
Online Sign-Up Deadline:	Tuesday, January 8 th , 2019
Swimmer Etiquette:	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 must first check with a coach .
Individual Entry Limits:	Swimmers are limited to <i>2 individual events & 2 relays</i> .
Scoring:	Individual events-- 6, 4, 3, 2, 1. Relays-- 8, 4, 2.
Results:	Complete Meet Results will be published on <i>Meet Mobile</i> and will be posted in the results section of the GR Aquatics website: www.grnsa.org/meets .
First Aid:	First aid supplies are kept in the pool office.

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Age Group Dual Meet

Warm-Up: 6:00 p.m. Meet Start: 7:00 p.m.

Girls	Event	Boys
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	9-10 200 Freestyle	10
11	11-12 200 Freestyle	12
13	13-14 200 Freestyle	14
15	9-10 100 I.M.	16
17	11-12 100 I.M.	18
19	13-14 100 I.M.	20
21	8 & Under 25 Freestyle	22
23	9-10 50 Freestyle	24
25	11-12 50 Freestyle	26
27	13-14 50 Freestyle	28
29	8 & Under 25 Butterfly	30
31	9-10 50 Butterfly	32
33	11-12 50 Butterfly	34
35	13-14 50 Butterfly	36
37	8 & Under 50 Freestyle	38
39	9-10 100 Freestyle	40
41	11-12 100 Freestyle	42
43	13-14 100 Freestyle	44
45	8 & Under 25 Backstroke	46
47	9-10 50 Backstroke	48
49	11-12 50 Backstroke	50
51	13-14 100 Backstroke	52
53	8 & Under 25 Breaststroke	54
55	9-10 50 Breaststroke	56
57	11-12 50 Breaststroke	58
59	13-14 100 Breaststroke	60
61	8 & Under 100 Freestyle Relay	62
63	9-10 200 Freestyle Relay	64
65	11-12 200 Freestyle Relay	66
67	13-14 200 Freestyle Relay	68