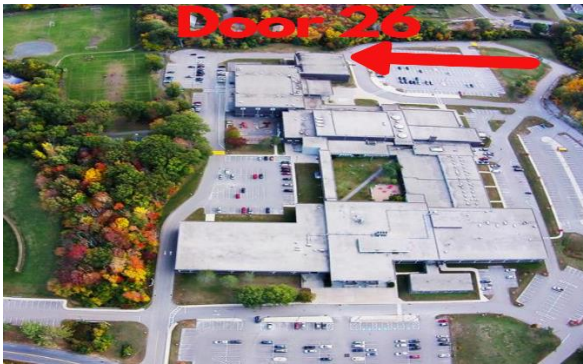


Welcome to the 2024 Medway Millis and Holliston Recreation Summer Swim Team!

There is nothing better than summer swimming! We are so excited for our FOURTH season as a Medway Millis and Holliston Swim Team and this summer we welcome. Our goals of the season remain the same to improve as a swimmer, work on refining strokes, be safe, make new friends and most importantly have fun.

PRACTICES: We will have 3 practices a week. Please see the monthly schedules. Practices will be held at Milford High School from 7:15-8:30am. Swimmers should show up for practice ready to swim. Locker rooms will be available for after practice. The bathrooms will be open for during practice. Swimmers should enter through door 26: please see picture below. We ask that participants try to make at least 1 practice a week.



MEETS:

All meets will be on a Tuesday or Thursday evening. All meet sign-ups will occur on the Medway Parks and Recreation website:

https://medwayma.myrec.com/info/activities/program_details.aspx?ProgramID=29904&AdminPreview=1

It is helpful for the coaches to know who is attending meets so we can pull together a line up and relays.

- Meet registration closes 24 hours prior to the meet so we can prep the line-up. If you attendance changes in that time please e-mail jharrington@townofmedway.org
- Ages are as of July 1, 2024, a boy or girl having a birthday during the season does not have to move up in class and is considered his/her age as of July 1. In Dual Meets a swimmer MAY move up 2 age groups in an individual and/or freestyle relay event but MAY NOT move down an age group. The Graduated Medley Relay must have swimmers from 4 out of the 5 age groups. Swimmers may not move up for the Graduated Medley Relay.
- Age groups for the Regional and Dual Meets are as follows:

8 and Under

9 & 10 Years Old
11 & 12 Years Old
13 & 14 Years Old
15 – 18 Years Old

For the Regional Meets, swimmers MAY NOT swim up an age group for individual events and MAY move up only ONE age group for the Free Relays. The Graduated Medley Relay must have swimmers from 4 out of the 5 age groups. Swimmers may not move up for the Graduated Medley Relay.

Swimmers are limited to three events, one of which has to be a relay. Meets will start with a Graduated Medley Relay, one for girls and one for boys, with a swimmer from 4 of the 5 age groups swimming one length. Swimmers may not move up for the Graduated Medley Relay. There will be three official swimmers from each team per Individual Event and three official Relays per team in the six lane pools with no sweeps in the Relays. A swimmer may never swim two Freestyle Relays or two of the same stroke in the same meet. Teams may agree to use three official swimmers and three official Relays. However, only two swimmers in the Individual Events and only one Relay team may place. There will be no sweeps in either Individual Events or Relays. The 8 & Under Relay must include one member of the opposite sex.

8 & Under will be limited to 25 yards in Individual Events and will also swim a Co-ed Relay.
9 & 10 Years Old will be limited to 25 yards in both Individual Events and Relays unless mutually agreed upon by the Coaches.
Ages 11 through 18 will swim distances agreed upon by the Coaches. Distances should be as close to 50 yards for ages 11 through 18 swimmers as possible unless otherwise agreed. Girls swim girl's events and boys swim boy's events. (Note: Needham and Norwood should use a rope to mark 25 yards for Individual Events for ages 10 and Under unless the visiting coach agrees to the longer length.) (Note: Effective 2008, there is a new State Rule that it must be at least 4 feet for diving in.)

- For each swim meet we will require the following volunteers: 1 score keeper, 1 stroke and turn judge, 1 place judge, 2 x bull-pen support (helps coaches line-up swimmers for races). For the following meets we will also require 6 timers (2/lane) Dedham, Needham, Newton, Westwood, Sherborn.
- 8 & Unders and the 9 & 10 age group swim 25 (1 length) races. 11 and over swim 50 (2 lengths in most pools) yards races.
- Caps and t-shirts will be provided. For meet suits, plain black suits are preferred but optional. Swimoutlet.com is a great resource to get reasonably priced suits. For practice, swimmers may wear their choice of suits. We recommend that girls wear a one piece bathing suit.
- Skills Evaluation: June 15 – 8am

- www.medwayparksrec.com and social media will have the most up to date information on practices, swim meets and team events.