

WACKY RELAYS SET



The Nassau Bay Nauticats extend an invitation to ALL CCSL teams to participate in the ninth annual Teen Invitational Relays, a.k.a. the Wacky Relays.

Wednesday, June 18, 2008

Warm-ups begin at 5 pm – events at 6 pm

Nassau Bay pool

Open to swimmers ages 11-18

Prizes given to each event winning team member

Questions? E-mail Volunteer Coordinator Laura Conley at cat-conley@excite.com, 281-513-3654

Who: Swimmers in the 11 & Up age groups registered with the 2008 CCSL.
When: Wednesday, June 18, 2008 at 6:00 pm; warm-ups will begin at 5 pm.
Where: Nassau Bay pool – off NASA Rd. 1 on Nassau Bay Drive.
(Before Cape Bahamas intersection on right.)
Meet Contacts: Coach James Wong @ 832-414-6441, Coach John Wong @ 281-468-2709
Entry Info: The Teen Wacky Relay Meet is open to all swimmers 11-18 and also the **parents** and **coaches**. Each team may enter one relay per event. There is no limit to the number of events that one swimmer may swim.

Entry procedures: Entries should be submitted in the form of cards only. Cards should include the following information: Event Number, Team Name and the Swimmer's Names. Only one card per event number is necessary. Substitutions will be allowed at the meet.

Entry Deadline: Monday, June 16, 2008 – Entries may be delivered to the Nassau Bay pool M-F from 7:00-10:30 am. Questions can be answered by the Meet Contacts. Teams, PLEASE provide a contact name and number when entries are turned in.

Entry fee: \$1.00 per swimmer. Fee needs to be brought with a master list of swimmer names when cards are turned in. The fee will help defray costs of props and prizes as this has become an increasingly popular event!

Scoring: There is none!!! This is only for fun. Prizes will be handed out to each winning team member for each event.

Timers: We ask that each team bring 3 timers. There will be a brief coaches and timers meeting 10 minutes before the start of the Meet.

Concessions: Concessions will be open for participants and spectators.

Order of Events

Girls Event #		Boys Event #
1	Seahorse Hop	2
3	Corkscrew	4
5	Rafts	6
7	Boats	8
9	Inner Tube	10
11	Iron Swimmer	12
13	Tandem	14
15	T-Shirt	16
17	Co-ed Parent/Coach	18

Relay clarifications:

Seahorse Hop: 4 swimmers – each breast stroke kicks 25 yds while straddling a noodle holding on with both hands.

Corkscrew: 4 swimmers – each swims 25 yds alternating one stroke freestyle with one stroke backstroke.

Rafts: 4 swimmers – each paddles 25 yds while lying down LENGTHWISE on a raft.

Boats: 4 swimmers – each paddles 25 yds with a noodle while sitting in a boat.

Inner Tube: 4 swimmers – each paddles 25 yds while seated in an inner tube.

Iron Swimmer: **2** swimmers – each swims alternating 50 yards for a total of 400 yards. *****PLEASE for advanced swimmers only!**

Tandem: 4 swimmers – 2 swimmers jump in feet first, 1 paddles while 2nd holds 1st swimmers feet and kicks. Swimmers switch at 25 yds and come back in reverse order. Each pair swims a total of 50 yds.

T-Shirt: 4 swimmers – 1 T-shirt per team. Each swimmer swims 25 yds while wearing a t-shirt. At the end of each leg the swimmer must exit the pool and pass the shirt to the next swimmer. The swimmer must be wearing the shirt in an ordinary fashion before entering the pool.

Parent/Coach: may be combined - 4 swimmers – **any** combination of parents and/or coaches. Each swims 25 yards.

Due to weather, time and number of team entries – some events may be modified or even unfortunately omitted at the meet. If there are any questions on relay definitions please call either of the Meet Contacts.

***Index Cards may be used: pink/blue or white with red/blue designation with writing or colored edge and written by hand! Remember no limit to number of events entered by any one swimmer and substitutions may be made.