

Potential Structure/Events for Early-Stage Virtual Meets

The meet is broken down into three separate days, and each day gets progressively harder (50's on Day 1 and the 400 IM on Day 3, for example). Coaches could schedule these "Race Days" as many weeks apart as necessary; Day 1 events could be done if a team was back in the water just a few weeks, while the events on Day 3 would require more training so that the athletes are fit and in shape to race.

10&Under

Day 1- 100 IM/25 Fly/25 Back/25 Breast/50 Free

Day 2- 200 Free/50 Fly/50 Back/50 Breast/100 IM

Day 3- 100 Free/100 Breast/100 Back/100 Fly/200 IM

11-14s

Day 1- 100or200 IM/50 Fly/50 Back/50 Breast/100 Free

Day 2- 200 Free/100 Fly/100 Back/100 Breast/200 IM

Day 3- 400 IM/200 Fly/200 Back/200 Breast 500 Free

Seniors

Day 1- 200 IM/100 Breast/100 back/50 Free

Day 2- 200 Free/200 Breast/100 Fly/200 Back/100 Free

Day 3- 400 IM/100 IM/200 Fly/500 Free

NOTE: The above is only a suggestion. Coaches are able to be as creative as they'd like to come up with an appropriate racing scenario for their athlete that is consistent with their particular situation