

ORCA -PARENT CHEATSHEET

- 5 race Magic Number - report for swimmers race 5 races before yours. Write the event number that is 5 events before your race in the table below : "Magic #"
- **EXCEPTIONS TO THE 5 RACE RULE:**
 - Race #1-4: 10 and under - Medley Relays must report to the bull-pen area after the coach "Pep-Talk".
 - Race #61-64: 10 and under Free relays: must report to the bull-pen area after race #50.
- Where to report for a race??
 - 10 and under Relays report to the bull-pen, race #1 to 4 and #61 to 65. Older relays report to blocks early.
 - All Individual race # 11 to 60 report to the starter blocks.
- Races #1 to 4 - Medley relay
 - Strokes are in alphabetical order, Back, Breast, Butterfly, and Free.
 - Back and Butterfly need to line up at the starter/block end of the pool,
 - Breast, Free swimmers need to line up at the "turn end" of the pool.
- Race #61 to 64 - Freestyle relay. All swimmers will swim freestyle. Swimmers 1 and 3 line up at the starter/block end of the pool; swimmers 2 and 4 line up on the turn end of the pool.

Event #	Event -Description	Relay Position	Lane #	Magic #

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