



**U11 Swimming Rules**

**Format**

Teams are made up of 8 competitors, with an even split of 4 boys and 4 girls.

3 boys and 3 girls will each swim an individual event plus the relay.

The 4th boy and 4th girl will just swim in the relay. The following races are included:

* Boys Backstroke
* Girls Backstroke
* Boys Breaststroke
* Girls Breaststroke
* Boys Freestyle
* Girls Freestyle
* Girls Miscellaneous Relay (backstroke, breaststroke, freestyle and freestyle)
* Boys Miscellaneous Relay (backstroke, breaststroke, freestyle and freestyle)

All races are held over 25m (with relay 4 x 25m)

**Eligibility**

* Swimmers must be in school years 5 and/or 6 only.
* Swimmers must be able to swim 25m.