

It's Back! Get ready for the...

Crofton Rock 'n Roll Relay Meet

- What:** An all-relay swim meet with lots of events, great music, and tons of fun! Catch up with your Crofton area friends as we come together for some friendly neighborhood competition!
- Who:** Crofton Country Club Crocodiles, Crofton Aquatics Cats, Walden Green Wave, and Crofton Village Dolphins
- Where:** Crofton Country Club
- When:** Monday, July 11 from 5pm to 9pm. Warm ups begin at 4:00pm
- Cost:** \$5 per swimmer per event.

Food, Beverages, and meet T-shirts will be available for purchase at our concessions stand

All proceeds will be donated to the Courtney Quinn Fund at Johns Hopkins

There's a relay for everyone – come join the fun!

Graduated Freestyle Relay (250m): One swimmer from each of the following age groups/same gender – 6U (25 m), 8U (25m), 10U (50m), 12U (50m), 14U (50m), 18U (50m)

Graduated Medley Relay (200m): One swimmer from each of the following age groups/same gender – 10U, 12U, 14U, 18U. Each swimmer swims 50m of a different stroke in the following order – Back, Breast, Fly, Free

Freestyle Relay (100/200m): Four swimmers from the same age group. Same gender event for 8U, 10U, and 12U. Mixed gender event for 6U, 14U and 18U. 6U, 8U, and 10U swim 100m total, all other age groups swim 200m total.

Medley Relay (100/200m): Four swimmers from the same age group each swim a different stroke in the following order – Back, Breast, Fly, Free. Same gender event for 8U, 10U, and 12U. Mixed event for 14U and 18U. 8U and 10U swim 100m total, all other age groups swim 200m total.

Mini Crocodile Challenge (100m): Four 25m legs in the following order – Back, Free, Free, Back. Mixed gender event for 6U and 8U.

Crocodile Challenge (200m): Four 50m legs (25 of each stroke) in the following order – Back/Breast, Fly/Back, Breast/Free, Free/Fly. Same gender event for 10U and 12U. Mixed gender event for 14U and 18U.

Mixed Noodle Relay (100m): Four 8U swimmers, can be mixed gender. Each swimmer must swim 25m with a noodle under their body.

Graduated T-shirt Relay (100m): One swimmer from each of the following age groups/same gender – 10U, 12U, 14U, 18U. Each swimmer swims 25m while wearing a Rock-n-Roll Relay t-shirt.

Coach's Medley Relay (200m): Swimmers must be coaches or alumni of the swim team. 14U and/or 18U swimmers can participate if an extra swimmer is needed. (No entry fee required for this event.)

Parent's Free Relay (100m): Bring out the cameras for this one! Participants must be parents of swimmers on the swim team. (No entry fee required for this event.)

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU **Youth Athlete** membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.

Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event.

Due to background screenings, please allow up to 10 days for adult memberships to be processed.

- Participants are encouraged to visit the AAU website www.ausports.org to obtain their membership.
- **Note: any contacts listed within this flyer MUST have a current AAU Membership.**