

## Crescendo Relays

The SSL Reps have decided to add exhibition freestyle Crescendo Relays on a trial basis for the 2017 season. The Crescendo Relays will be reviewed at the end of the season to determine if they should be continued in 2018. The Crescendo Relays will be held as follows:

1. There will be one Girls Crescendo freestyle relay and one Boys Crescendo freestyle relay
2. Each team may enter participants in their assigned lanes. Empty lanes may be filled by the opposing team. In pools with exhibition lanes, the coaches will decide which team can use the exhibition lanes.
3. These are exhibition events that are not scored and do not count against the number of allowed swims for those participating.
4. Distance will be 200 yards/meters (160 yards in 20 yard pools.)
5. The Crescendo Relays will be held immediately after the Boys 15-18 50 y/m Butterfly (event 38), before the Break between Butterfly and Backstroke.
6. Each relay will be a freestyle relay with 5 swimmers: 25 y/m 8 & Under, 25 y/m 9-10, 50 y/m 11-12, 50 y/m 13-14, and 50 y/m 15-18, in that order.
7. The race will start at the deep end of the pool with the 8 & Under Swimmers. 9-10 swimmers will do in-water starts at the shallow end. All other swimmers will take-off from the deep end.
8. These are optional events and do not have to be contested. The Home Team may decide not to hold the Crescendo Relays due to time constraints or weather concerns. The Crescendo Relays, by agreement of both team reps and coaches, could be held after the last event of the meet.