



Nauticat's Wacky Relays

Tuesday, June 25, 2019

\$5 per swimmer, ages 11-18

NEW THIS SEASON -- BELLY FLOP CONTEST

Check-In at 5 PM with Event 1 starting at 6 PM

Cool Prizes - Fun Raffles - Delicious Food

Come join the fun with us and our very wacky relays. If you're not old enough to swim or you don't have a swimmer at all, we don't mind. Come partake in our delicious concessions and laugh at the crazy events! Parents and coaches can swim too!

TO ENTER:

1. **PLEASE HAVE YOUR TEAM REP** email us at wackyrelays@gmail.com
2. Fill out the **heat sheets** below with your swimmer's names and bring it with you to the event along with \$5 per swimmer.



Wacky Relays Event Descriptions

Events 1 & 2 (Girls & Boys)

Seahorse Hop

Each Swimmer breaststroke kicks 25 yds while riding a noodle or silly float holding on with both hands

Events 3 & 4

Corkscrew

Each swims 25 yds alternating one stroke freestyle one stroke backstroke

Events 5 & 6

Boats

Each swimmer sits in a small inflatable boat and paddles with a noodle 25 yds

Events 7 & 8

Inner Tubes

Each swimmer paddles 25 yds while sitting in an inner tube

Events 9 & 10

Iron Swimmer

2 swimmers take turns swimming 50 yds for a total of 400 yds

Events 11 & 12

Tandem

2 swimmers swim together 1 swims with arms while the other holds their feet and kicks.

Events 13 & 14

Beach Ball Race

Each swimmer jumps in with and holds a beachball between their legs while swimming 25 yds

Events 15 & 16

T-Shirt Race

1 t-shirt per team. Each swimmer wears a t-shirt and swims 25yds. then must get out and pass the shirt to the next swimmer. For the t-shirt race each swimmer must wear the t-shirt correctly before getting in the pool for their lap.

Events 17

Parent/Coach

Any combination of 8 parents and or coaches. 4 on each side of the pool. Each swims 25 yds.

Diving Competition 1 girl and 1 boy from each team enter into each of the 3 dive events.

There will be no running starts on these events. Diver must enter off a dive block.

Event Belly Flop - Diver must enter the water flat, all parts of frontside entering at once

Event Cannon Ball - Diver must have knees tucked, arms securing knees, hands together.

Event Free Form Funny - Diver must enter the water safely in any way they choose.

Nauticats' Wacky Relays

Heat Sheets

June 25, 2019 - 6pm

Girls Seahorse Hop 1. _____ 2. _____ 3. _____ 4. _____	Boys Seahorse Hop 1. _____ 2. _____ 3. _____ 4. _____	Girls Corkscrew 1. _____ 2. _____ 3. _____ 4. _____	Boys Corkscrew 1. _____ 2. _____ 3. _____ 4. _____
Girls Boats 1. _____ 2. _____ 3. _____ 4. _____	Boys Boats 1. _____ 2. _____ 3. _____ 4. _____	Girls Inner Tubes 1. _____ 2. _____ 3. _____ 4. _____	Boys Inner Tubes 1. _____ 2. _____ 3. _____ 4. _____
Girls Iron Swimmer 1. _____ 2. _____	Boys Iron Swimmer 1. _____ 2. _____	Girls Tandem 1. _____ 2. _____ 3. _____ 4. _____	Boys Tandem 1. _____ 2. _____ 3. _____ 4. _____
Girls Beach Ball Race 1. _____ 2. _____ 3. _____ 4. _____	Boys Beach Ball Race 1. _____ 2. _____ 3. _____ 4. _____	Girls T-Shirt Race 1. _____ 2. _____ 3. _____ 4. _____	Boys T-Shirt Race 1. _____ 2. _____ 3. _____ 4. _____
Co-ed Parent/Coach Event 17 has 8 swimmers 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____	DIVE - Belly Flop Girls 1. _____ Boys 2. _____	DIVE - Cannonball Girls 1. _____ Boys 2. _____	DIVE - Free Form Funny Girls 1. _____ Boys 2. _____