



Championship Relay Selection Criteria

The LAC Coaching staff considers many factors when assigning swimmers to relays for championship meets. The ultimate goal is to score as many TEAM points as possible with multiple relays.

We would like to outline for you the process and criteria so that you will have a better understanding of the “big picture” if your child’s relay assignment, stroke or position (or lack thereof) confuses you.

Coaches use the SWIMS database to identify the top swimmers in each event that will make up the relay.

Most Championship meets have a qualifying time for relays. The coaches use this list of top swimmers to build relays that meet the qualification time.

Many times Lakeside will have A, B and C (or more) relays. We would like every swimmer who attends the meet be given the opportunity to be a part of a relay. For entry purposes only, sometimes the coaches may spread the fastest swimmers out across multiple relays in order to qualify the most relays and have as many swimmers as possible listed as a part of a relay. *This is only for entry purposes.* When we get to the meet, the Coaches generally submit changes to swimmers, stroke and swim order in order to build relays that will maximize TEAM points.

These changes are based on a lot of criteria, including:

- The obvious placement would be fastest 4 are on the A, the next on the B and so on. However, many times LAC scores more points by moving one of the fastest swimmers to the B relay. By doing so, BOTH relays would score, and earn more points for LAC as a TEAM.
- Illness or injury
- Swimmers “on the bubble” having either an outstanding or poor meet

When you initially see the relay assignments and swim order or stroke, *please do not assume that these are final.* As outlined above, they are for entry purposes only and usually undergo many changes during the course of the meet. Please be assured that the Coaching staff has a very deep understanding of each Swimmer’s times and capabilities. The final order of every relay will be determined solely by the coaching staff.

Relays are the one time the swimmer has to depend on others for success. We as coaches have to make sure we provide the opportunity for every Lakeside swimmer to feel successful. Sometimes sacrificing an A relay by .2 in order to score the B relay will be done. Just so we are clear. Lakeside wants to be the very best. This means winning. We believe it will take an honest real “TEAM” effort to achieve.