



# *Aloha!*

Mark your calendars for

## ***The 11th Annual 11 & Up Relay Meet***

Hosted by the Sharks of  
Beverly Hills Athletic Club

Saturday, June 14, 2025

Warm-Ups at 7am

Meet starts at 9am

Heat Winner Prizes &

4 Grand Prizes

Lots of fun – Please dress up  
and join us!



## **Order of Events**

- 1) 11-14 yrs. old - 200 M Women's Freestyle Relay
- 2) 11-14 yrs. old - 200 M Men's Freestyle Relay
- 3) 11-14 yrs. old - 200 M Mixed Freestyle Relay
- 4) 15-18 yrs. old - 200 M Women's Freestyle Relay
- 5) 15-18 yrs. old - 200 M Men's Freestyle Relay
- 6) 15-18 yrs. old - 200 M Mixed Freestyle Relay
- 7) 11-14 yrs. old - 100 M Women's Medley Relay
- 8) 11-14 yrs. old - 100 M Men's Medley Relay
- 9) 11-14 yrs. old - 100 M Mixed Medley Relay
- 10) 15-18 yrs. old - 100 M Women's Medley Relay
- 11) 15-18 yrs. old - 100 M Men's Medley Relay
- 12) 15-18 yrs. old - 100 M Mixed Medley Relay
- 13) 11-14 yrs. old - 200 Meter Mixed Breaststroke Relay
- 14) 15-18 yrs. old - 200 Meter Mixed Breaststroke Relay
- 15) 11-14 yrs. old - Mixed 4 x 100 M Individual Medley Relay

**Each swimmer swims a 100 IM**

- 16) 15-18 yrs. old - Mixed 4 x 100 M Individual Medley Relay

**Each swimmer swims a 100 IM**

- 17) 11-14 yrs. old - 200 M Mixed Backstroke Relay
- 18) 15-18 yrs. old - 200 M Mixed Backstroke Relay
- 19) 11-14 yrs. old - 200 M Mixed Butterfly Relay
- 20) 15-18 yrs. old - 200 M Mixed Butterfly Relay
- 21) 11-14 yrs. old - 100 M Women's Free Relay
- 22) 11-14 yrs. old - 100 M Men's Free Relay
- 23) 11-14 yrs. old - 100 M Mixed Free Relay
- 24) 15-18 yrs. old - 100 M Women's Free Relay
- 25) 15-18 yrs. old - 100 M Men's Free Relay
- 26) 15-18 yrs. old - 100 M Mixed Free Relay
- 27) 11-14 yrs. old - 250 M Mixed Free Crescendo Relay

**25, 50, 75, 100**

- 28) 15-18 yrs. old - 250 M Mixed Free Crescendo Relay

**25, 50, 75, 100**

- 29) 11-14 yrs. old - 200 M Mixed Medley Relay
- 30) 15-18 yrs. old - 200 M Mixed Medley Relay

**\*\*Mixed Relays can be made up of:**

- 4 Girls
- 3 Girls & 1 Boy
- 2 Girls & 2 Boys

**\*\*CANNOT have more boys than girls\*\***

## **Entry & Event Information**

Each Swimmer may swim a MAXIMUM of 3 events.

Each club needs to provide one experienced timer. There will be a Timer's Meeting at 8:45 on the pool deck.

Swimmers must be listed on their NSSL team roster.

Mixed relays may include 2 boys & 2 girls, 3 girls & 1 boy, or 4 girls, but not 4 boys or 3 boys & 1 girl. Order of the boys & girls does not matter.

Teams may enter up to 4 relays per event.

Places will be awarded according to final times.

The \$15.00 per swimmer meet fee must be paid in advance through the participating club.

MHSAA swimming rules will cover all events.

For the 200 Backstroke Relay, 2nd- 4th swimmers will dive off the block, and must turn over onto their back by the time they surface.

Warm- Ups begin at 7 AM. Times to follow as we receive entries. Meet begins promptly at 9 AM.

Entry questions should be directed to *Chris Hitchcock* [BHAC.Computers@gmail.com](mailto:BHAC.Computers@gmail.com)

Entry fees due by **June 10th** payable to **BHAC Swim Team**. A check and a list of swimmers names attending can be dropped/mailed to the club to the care of the meet managers, *Erin Rollo and Michelle St. Andrew*.

BHAC  
18157 Beverly Road  
Beverly Hills, MI 48025

## **Meet Entry Files**

You will be receiving a 2025 Relay Meet Event file. Please add your roster into the file, and assign swimmers into their events using the relays tab.

Please DO NOT put relays into heats or lanes.

Upon completion of your line-up, please export the Team Manager Meet Entry file.

All entries must be received by **June 10th at 8 PM** otherwise the team will be removed from the meet. If there are corrections to your lineup after June 10th, please email Chris Hitchcock [BHAC.Computers@gmail.com](mailto:BHAC.Computers@gmail.com) as soon as possible. Deck entries will be extremely limited.

Questions?

Chris Hitchcock  
734.891.7372

Erin Rollo  
248.535.1424

Michelle St. Andrew  
248.835.5810

