



Two Counties Spring Open Meet to be hosted by Dinnaton & Caradon Swimming Clubs

RELAY EVENTS – INFORMATION

The Two Counties Meet 2023 will be running relay races in the mid-session interval on both the Saturday & Sunday. These races are intended to be fun events for the Clubs to get behind their respective Teams and hopefully raise the roof of the Plymouth Life Centre. There is no charge to enter the Relay Events.

The Two Counties Committee would like the Teams to be inclusive and as such have set out the following criteria:

- Relay Races will comprise:
 - 4 x 50m Freestyle Relay
 - 4 x 50m Medley Relay
- Teams are to comprise 2 x Boys & 2 x Girls*
- Races will be run as:
 - 13 & under
 - 14 & over

(Age on 19th March 2023 (same as Main Meet criteria))
- Saturday 18th 13 & Under Medley Relay, 14 & Over Freestyle
- Sunday 19th 14 & Over Medley Relay, 13 & Under Freestyle
- Clubs are limited to 1 Team per event, per age group
- Entries are limited to 10 Clubs per event
- Swimmers must be competing at the Main Meet to be eligible to swim
- Clubs will be notified of successful entry in the Relays prior to the commencement of the Main Meet
- Clubs do not need to name their swimmers at the time of application for entry

**NB: At the discretion of the Meet organisers a Club may request to enter a Team comprising 1 x boy & 3 x girls if they can demonstrate they have no more boys eligible to swim from the Main Meet and if spaces are available*

Clubs are invited to submit entries for the Relay Events to caradondinnaton@gmail.com

Closing Date : Friday 10th March 21:00

****Prizes for Winners of each event****