

RIVER CROSSING Grade 4 = 10 Swimmers

START/FINISH

7-5-3-1

2-4-6-8

7-5-3-1

2-4-6-8

7-5-3-1

2-4-6-8

7-5-3-1

2-4-6-8

RIVER CROSSING
Swimmer in Ring. Opposite side pulls the ring towards them then change swimmers.

MEDLEY RELAY

3 3 3 3

1 1 1 1

START/FINISH

2 2 2 2

4 4 4 4

MEDLEY RELAY
4x25m. 1.Backstroke, 2.Breaststroke, 3.Butterfly, 4.Freestyle

FREESTYLE RELAY Grade 4&5 = 10 Swimmers

START/FINISH

8-7-6-5-4-3-2-1

8-7-6-5-4-3-2-1

8-7-6-5-4-3-2-1

8-7-6-5-4-3-2-1

FREESTYLE RELAY
8 Swimmers swimming 2 widths of any stroke.

KICK BOARD RELAY

START/FINISH

9-7-5-3-1

2-4-6-8-10

9-7-5-3-1

2-4-6-8-10

9-7-5-3-1

2-4-6-8-10

9-7-5-3-1

2-4-6-8-10

KICK BOARD RELAY
10 swimmers kick ONLY with passing the board to next swimmer in relay fashion.

TREASURE HUNT RELAY

START/FINISH

9-7-5-3-1

2-4-6-8-10

9-7-5-3-1

2-4-6-8-10

9-7-5-3-1

2-4-6-8-10

9-7-5-3-1

2-4-6-8-10

TREASURE HUNT RELAY
10 swimmers swim 1 width, diving down to lift a ring then drop and continue.

DRESS UP RELAY

START/FINISH

7-5-3-1

2-4-6-8

7-5-3-1

2-4-6-8

7-5-3-1

2-4-6-8

7-5-3-1

2-4-6-8

DRESS UP RELAY
8 Swimmers 1 width each. Swim any stroke with shirt and hat then swap with next swimmer.

BRICK RELAY

START/FINISH

6-5-4-3-2-1

6-5-4-3-2-1

6-5-4-3-2-1

6-5-4-3-2-1

BRICK RELAY
1,3,5 swimmers take brick to opposite side then return. 2,4,6 swimmers retrieve brick.

HOCKEY RELAY

7 7 7 7

5 5 5 5

3 3 3 3

1 1 1 1

START/FINISH

2 2 2 2

4 4 4 4

6 6 6 6

8 8 8 8

HOCKEY RELAY

CANNON RELAY

9 9 9 9

7 7 7 7

5 5 5 5

3 3 3 3

1 1 1 1

START/FINISH

2 2 2 2

4 4 4 4

6 6 6 6

8 8 8 8

10 10 10 10

CANNON RELAY
10X25m FREESTYLE

FREE RELAY