

Suburban League Championships Relay Entry Rules

All of the relay events at Suburban League Championships are Ladder Relays.

We have 2 levels of relay events, the 4 to 21 (old "A" Relay) and the 4 to 14 (old "B" Relay)

For the 4 to 21, the standard entry is 1 swimmer in each age group of 4-10, 11-12, 13-14 and 15-21

For the 4 to 14, the standard entry is 1 swimmer in each age group of 4-8, 9-10, 11-12 and 13-14

Younger age groups only may be used to substitute for older age groups

4 to 21 relay MUST have 1 swimmer who is 4 to 10 and no more than 1 swimmer who is 15-21. Younger swimmers may be used to fill in when your team does not have swimmers in one or more of the standard age groups.

Here are the age group combinations for the 4 to 21 Ladder Relay

4-10	11-12	13-14	15-21	Standard	4to21 Ladder Relay Per SL Rules
1 Required No Substitutions	4-10	4-10 or 11-12	4-10 or 11-12 or 13-14	Legal Substitutions	Younger ages Only can be Substituted for older ages

4 to 14 relay MUST have 1 swimmer who is 4 to 8 and no more than 1 swimmer who is 13-14. Younger swimmers may be used to fill in when your team does not have swimmers in one or more of the standard age groups.

Here are the age group combinations for the 4 to 14 Ladder Relay

4-8	9-10	11-12	13-14	Standard	4to14 Ladder Relay Per SL Rules
1 Required No Substitutions	4-8	4-8 or 9-10	4-8 or 9-10 or 11-12	Legal Substitutions	Younger ages Only can be Substituted for older ages

Note: There are 2 Open Mixed Relays at the end of the meet. These are the Coaches Relays.