

1st Annual Shawn Delifus Memorial Stroke Clinic & Swim Meet

September 17, 2016

- Meet Host: YMCA of Central Florida
- Invited Teams: Loggerhead Aquatics, North Florida Swimming, YMCA of Central Florida & YMCA of Florida's First Coast (all of Shawn's former Florida teams)
- Location: YMCA Aquatic Center, 8422 International Drive, Orlando, FL, 32819
- Meet Format: 25-yard course, Timed Finals
- Eligibility: This is a USA Swimming sanctioned meet that is open to any YCF Competitive and National Track swimmer.
- Schedule:
- | | |
|--------------------------------|-----------------|
| Event Check In: | 9:00-9:30am |
| Olympic Talk w/ Rowdy Gaines: | 9:30-10:00am |
| Stroke Clinic w/ team coaches: | 10:00-11:30am |
| Lunch w/ team discussion: | 11:45am-12:45pm |
| Meet Warm up: | 1:00-1:45pm |
| Meet Start: | 1:45pm |
- PLEASE arrive on deck in your suit and ready to swim 10 minutes prior to the event start time for check in and last minute instructions.**
- Events: Please see the event list at the end of this announcement.
- Entries: YCF swimmers will be entered into all five (5) individual events but may scratch events with permission from their coach.
- Entry Fees: The entry fees below include all applicable fees. **NOTE: All proceeds for this meet will be donated to the Shawn Delifus Memorial Scholarship Fund.**
- Stroke Clinic = \$10
 - Lunch = \$10 (lunch also available for parents and siblings)
 - Swim Meet = \$10
- Payment Note: By signing up online for this meet, you agree to pay all related entry fees as listed above and authorize the YMCA of Central Florida to send you an electronic invoice or post a balance sheet for the total due. **(Please do not pay for entry fees at your family center)**. You also acknowledge that entry fee charges are non-refundable regardless of illness, injury or any reason that may not allow you to participate in this meet. Swimmers who sign up but then fail to attend the meet for any reason will still be charged for their entry fees.
- Entry Deadline: All interested and eligible YCF swimmers must be entered through the sign up link on our team website, (www.ycfswimming.org under Schedules-> Meets & Outings). **All entries must be received by 9:00pm on Thursday, September 15.** Late entries will not be accepted.

Volunteer Help: We will need volunteer lane timers for this (short) swim meet. If you are able and willing to help, please note this when asked on your electronic signup.

Awards & Concessions: There will be no awards or concessions available at this meet. Lunch will be available at a cost for all interested participants and their families.

Apparel: All attending swimmers and parents should wear their **blue** YCF Shirt t-shirt.

ORDER OF EVENTS

Saturday, September 17
Warm up – 1:00pm Meet Starts – 1:45pm

Women		Event		Men
1		10 & Under 50 Fly		2
3		11 & Older 100 Fly		4
5		10 & Under 50 Back		6
7		11 & Older 100 Back		8
9		10 & Under 50 Breast		10
11		11 and Older 100 Breast		12
13		10 & Under 50 Free		14
15		11 & Older 100 Free		16
17		10 & Under 100 IM		18
19		11 & Older 200 IM		20