

**Courtney Copeland & YCF Swimming present  
Breast-For-Breast Stroke Clinic and YCF Wishbone Invitational  
Saturday, November 14, 2015**

Location: YMCA Aquatic Center  
8422 International Drive  
Orlando, FL 32819  
(407) 363-1911

Date/Times: Saturday, November 14, 2015  
Stroke Clinic & Lunch: 10:30am-12:30pm  
Meet Warm Up: 12:30-1:15pm  
Meet Start: 1:30pm

**\* PLEASE arrive on pool deck in your suit and ready to swim by 10:20am for last minute instructions.**

**Stroke Clinic Purpose:** Please support my Senior Project for Edgewood Jr./Sr. High School! Because of my love for swimming and passion to impact lives, I have decided to have a fundraiser for the National Breast Cancer Association through a breaststroke clinic. All proceeds will go toward providing mammograms and diagnostic breast care services to women who cannot afford it. Thank you so much! – Courtney Copeland

**Eligibility:** The Breast-For-Breast Stroke Clinic is open to any and all swimmers, while the YCF Wishbone Invitational is a YCF Recreational Meet open to any YCF Recreational Track swimmers.

**Meet Format:** Timed finals for all age groups. Please see the event list below.

**Entry Limit:** Swimmers are limited to four (4) individual events. All relays will be determined by the coaching staff.

**Entry Fees:** \$10 charitable donation which includes lunch – **PLEASE bring cash to the event to cover the donation.**

**Entry Deadline:** All interested and eligible YCF swimmers must be entered using the sign up link available on the YCF team website ([ycfswimming.org](http://ycfswimming.org)) under Schedules/Meets & Outings. All entries must be received by 9:00pm on Thursday, November 12. Late entries may not be accepted.

**Awards:** Individual events: Ribbons for 1<sup>st</sup>-8<sup>th</sup>  
(NOTE: awards may be distributed the following week at each family center after final results are compiled)

**Concessions:** Concessions will NOT be available for this meet, but lunch will be provided for the swimmers as part of the Breast-For-Breast stroke clinic.

Events:	1-2	8 & Under 25 Fly
	3-4	10 & Under 50 Fly
	5-6	11-12 50 Fly
	7-8	13 & Over 50 Fly
	9-10	8 & Under 25 Back
	11-12	10 & Under 50 Back
	13-14	11-12 50 Back
	15-16	13 & Over 50 Back
	17-18	8 & Under 25 Breast
	19-20	10 & Under 50 Breast
	21-22	11-12 50 Breast
	23-24	13 & Over 50 Breast
	25-26	8 & Under 25 Free
	27-28	10 & Under 50 Free
	29-30	11-12 50 Free
	31-32	13 & Over 50 Free
	33-34	8 & Under 100 Free Relay
	35-36	10 & Under 200 Free Relay
	37-38	11-12 200 Free Relay
	39-40	13 & Over 200 Free Relay