

**Loggerhead Aquatics & YCF Swimming present
Dual Meet & Stroke Clinic featuring Rowdy Gaines & Paul Yetter
Sunday, November 1, 2015**

- USAS Approval #: Pending
- Location: YMCA Aquatic Center
8422 International Drive
Orlando, FL 32819
(407) 363-1911
- Date/Times: Sunday November 1, 2015
In-Water Stroke Clinic: 9:30am-11:30am
Lunch & Olympic Talk: 11:30-1:00pm
Meet Warm Up: 1:00-1:30pm
Meet Start: 1:45pm
- AND for Parents: Stroke & Turn Clinic: 11:00am thru the meet
(for parents interested in becoming a USA Swimming official - FREE)
- Clinic Procedure: Swimmers from both teams will be mixed together and split by age as they move through drill progressions on Rowdy and Paul's favorite strokes! Each stroke station will be assisted by a variety of Loggerhead and YCF coaches.
- Lunch: Lunch for swimmers will be catered in from Uno's Pizzeria & Grill.
- Meet Format: Please see the event list on page two of this event information.
- Entry Limit: Swimmers may enter a maximum of four (4) individual events
- Entry Fee: The entry fee for this event will be \$25 per swimmer, which will cover the cost of the stroke clinic, lunch and meet entry fees. (There is no cost for parents interest in the USA Swimming Stroke & Turn Clinic)
- Entry Process & Deadline: All interested swimmers should sign up through the link below **no later than midnight on Friday, October 30th AND bring \$25 in cash or check (made payable to 'YCF Swimming') to the event.** Swimmers will automatically be entered in all four (4) individual events but scratches will not be penalized.
- Sign Up Link: <https://docs.google.com/forms/d/1jQkEZsU3r04w03m6pJCZHIA8eapD6RnRz2MnhqRBoLq/viewform>
- Awards: Awards will not be given at this event.

Order of Events

Girls

1	8 & Under 25 Butterfly
3	12 & Under 50 Butterfly
5	Open 100 Butterfly
7	8 & Under 25 Backstroke
9	12 & Under 50 Backstroke
11	Open 100 Backstroke
13	8 & Under 25 Breaststroke
15	12 & Under 50 Breaststroke
17	Open 100 Breaststroke
19	8 & Under 25 Freestyle
21	12 & Under 50 Freestyle
23	Open 100 Freestyle

Boys

2
4
6
8
10
12
14
16
18
20
22
24