

YCF Recreational Meet – Northwest Region

Meet Host: Frank DeLuca YMCA

Date: July 23

Location: Frank DeLuca YMCA, 3200 S.E. 17th St, Ocala, FL, 34471

Eligibility: This is a YCF Recreational Meet open to any YCF Recreational Track swimmers.

Meet Format: Timed finals for all age groups.

Schedule: Warm Up – 8:00am / Meet Start – 8:30am

***PLEASE arrive on pool deck in your suit and ready to swim 10 minutes prior to the warm up start time for check in and last minute instructions.**

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

Entry Fees: No cost

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

Awards: Individual events: Ribbons for 1st-8th

Events:

| | |
|-------|-----------------------------|
| 1-2 | 100 IM (10 & under) |
| 3-4 | 100 IM (11 & over) |
| 5-6 | 25 Free (6 & under) |
| 7-8 | 25 Free (7-8) |
| 9-10 | 25 Free (9-10) |
| 11-12 | 50 Free (11 & over) |
| 13-14 | 25 Breast (6 & under) |
| 15-16 | 25 Breast (7-8) |
| 17-18 | 25 Breast (9-10) |
| 19-20 | 50 Breast (11 & over) |
| 21-22 | 25 Back (6 & under) |
| 23-24 | 25 Back (7-8) |
| 25-26 | 25 Back (9-10) |
| 27-28 | 50 Back (11 & over) |
| 29-30 | 25 Fly (6 & under) |
| 31-32 | 25 Fly (7-8) |
| 33-34 | 25 Fly (9-10) |
| 35-36 | 50 Fly (11 & over) |
| 37-38 | 100 Free Relay (6 & under) |
| 39-40 | 100 Free Relay (7-8) |
| 41-42 | 100 Free Relay (10 & under) |
| 39-40 | 200 Free Relay (11 & older) |