

YCF Recreational Meet – Northeast Region

Meet Host: J. Douglas Williams YMCA

Date: July 8

Location: J. Douglas Williams YMCA, 665 Longwood-Lake Mary Rd, Lake Mary, FL, 32746

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 – 1:00pm / Meet Start – 1:30pm

***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 and only if time allows.

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-6th

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| 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) |