

## YCF Recreational Meet – Northeast Region

- Meet Host: Lake Nona YMCA
- Date: June 13
- Location: 9055 Northlake Parkway, Orlando, FL, 32827
- Eligibility: This is a YCF Recreational Meet open to any YCF Recreational Track swimmers. Competitive Track swimmers may also opt to compete in this meet as an exhibition swimmer in 'open', (non age group), events and are not eligible for awards.
- Meet Format: Timed finals for all age groups.
- Schedule: Warm Up – 12:00pm / Meet Start – 1:00pm
- \*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](http://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 1<sup>st</sup>-8<sup>th</sup>  
(NOTE: award ribbons will be distributed the following week after final results are compiled)
- Events:
- |       |                              |
|-------|------------------------------|
| 1-2   | 100 Free Relay (10 & under)* |
| 3-4   | 200 Free Relay (11 & older)* |
| 5-6   | 200 Free Relay (Open)        |
| 7-8   | 25 Fly (10 & under)*         |
| 9-10  | 50 Fly (11 & older)*         |
| 11-12 | 100 Fly (Open)               |
| 13-14 | 25 Back (10 & under)*        |
| 15-16 | 50 Back (11 & older)*        |
| 17-18 | 100 Back (Open)              |
| 19-20 | 100 IM (10 & under)*         |
| 21-22 | 100 IM (11 & older)*         |
| 23-24 | 200 IM (Open)                |
| 25-26 | 25 Breast (10 & under)*      |
| 27-28 | 50 Breast (11 & older)*      |
| 29-30 | 100 Breast (Open)            |
| 31-32 | 25 Free (10 & under)*        |
| 33-34 | 50 Free (11 & older)*        |
| 35-36 | 100 Free (Open)              |

\*NOTE: events will be broken out by age groups for final results and awards as follows:  
6 & under, 7-8, 9-10, 11-12, 13 & over