

## YCF Recreational Meet – Southwest Region

Meet Host: Lake Nona YMCA

Date: July 8

Location: Lake Nona YMCA, 9055 Northlake Pkwy, Orlando, FL, 32827

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 – 12:30pm / 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 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](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>-6<sup>th</sup>

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)