

YCF Recreational Track 'Rowdy Gaines' Stroke Clinic & Time Trial Meet

- Location:** YMCA Aquatic Center
8422 International Drive
Orlando, FL 32819
(407) 363-1911
- Date/Times:** Saturday, April 2, 2016
* 9:30-11:00am - Stroke Clinic w/ Olympian Rowdy Gaines & YCF Coaches
* 11:00am-12:00pm - Time Trial Races
- Clinic Procedure:** Swimmers from all YCF sites will be mixed together and split by age as they move through drill progressions with Rowdy and our YCF coaches!
- Meet Format:** Swimmers will have the option to swim any/all of the four events in their age group. Please see the event list below for more details.
- Entry Fee:** There is NO ENTRY FEE for this event!
- Entry Process** All interested swimmers do NOT need to sign up beforehand and can simply show up at the pool on Saturday morning!
- Awards:** Awards will not be given at this event.
- Event List:**

Girls		Boys
1	8 & Under 25 Butterfly	2
3	12 & Under 50 Butterfly	4
5	13 & Over 50 Butterfly	6
7	8 & Under 25 Backstroke	8
9	12 & Under 50 Backstroke	10
11	13 & Over 50 Backstroke	12
13	8 & Under 25 Breaststroke	14
15	12 & Under 50 Breaststroke	16
17	13 & Over 50 Breaststroke	18
19	8 & Under 25 Freestyle	20
21	12 & Under 50 Freestyle	22
23	13 & Over 50 Freestyle	24