

Waterbury Long Distance Meet

Saturday, July 16, 2011

warm-ups: 9am -- meet start: 9.30am

further information will be available at waterburyrapids.com

#	Event Name	Notes
1	Mixed Open 200 Freestyle	Awards for girls and boys, for age groups 12&U, 13-14, and 15-19.
2	Mixed 10 & Under 100 IM	Awards for girls and boys, for age groups 8&U and 9-10.
3	Mixed 11-14 100 IM	Awards for girls and boys, for age groups 11-12 and 13-14.
4	Mixed 15-19 200 IM	Awards for girls and boys.
5	Mixed 12 & Under 100 Backstroke	Awards for girls and boys.
6	Mixed 13-19 100 Backstroke	Awards for girls and boys, for age groups 13-14 and 15-19.
7	Mixed 10 & Under 50 Freestyle	Awards for girls and boys, for age groups 8&U and 9-10.
8	Mixed 11-12 50 Freestyle	Awards for girls and boys.
9	Mixed 13-19 50 Freestyle	Awards for girls and boys, for age groups 13-14 and 15-19.
10	Mixed 12 & Under 100 Butterfly	Awards for girls and boys.
11	Mixed 13-19 100 Butterfly	Awards for girls and boys, for age groups 13-14 and 15-19.
12	Mixed Open 500 Freestyle	Awards for girls and boys.
13	Mixed 12 & Under 100 Breaststroke	Awards for girls and boys.
14	Mixed 13-19 100 Breaststroke	Awards for girls and boys, for age groups 13-14 and 15-19.
15	Mixed 12 & Under 100 Freestyle	Awards for girls and boys, for age groups 10&U and 11-12.
16	Mixed 13-19 100 Freestyle	Awards for girls and boys, for age groups 13-14 and 15-19.
17	Mixed 10 & Under 100 Medley Relay	Relay teams can be any combination of boys and girls, 10&U. Each swimmer swims one lap (25 yds) of back, breast, fly, free.
18	Mixed Open 200 Medley Relay	Relay teams can be any combination of boys and girls, any age. Each swimmer swims two laps (50 yds) of back, breast, fly, free.
19	Mixed Open 150 Freestyle Relay	Fun relay (girls and boys in any combination), two 10&Us and two any-age swimmers. First two 10&Us swim one lap (25 yds), second two swim two laps (50 yds), all freestyle.