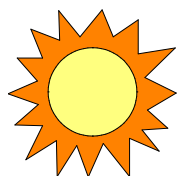


Dearborn, MI

Long Course Meters Masters Swim Meet



USMS sanction # 199-009S



Sunday, July 12, 2009 Dunworth Pool
 Located in Levagood Park, in Dearborn MI

8:00 AM Warm-up Swimmers must enter the pool feet first in a cautious manner.
 Diving will be permitted only from the sprint lane.

9:00 AM	Event#1	200 Free		BREAK
	Event#2	50 Back	Event#11	100 Free
	Event#3	100 Fly	Event#12	200 Breast
	Event#4	50 Breast	Event#13	200 Back
	Event#5	400 IM	Event#14	200 Fly
	Event#6	400 Free	Event#15	200 IM
	Event#7	100 Back	Event#16	100 Breast
	Event#8	50 Fly	Event#17	50 Free
	Event#9	50 Free	Event #18	800 Free
	Event#10	Relays: 200, 400, 800 (as time permits, possibly 2/lane)		

ENTRIES

Cost: \$15.00. All events will be deck entered. Swimmers may enter a maximum of (4) events and (1) relay. The cost also includes a picnic lunch of pizza and pop following the meet, in the adjacent park area.

ELIGIBILITY:

Only 2009 USMS "registered" swimmers may compete in this meet. All swimmers must have their USMS cards in their possession for verification. THIS WILL BE A "TIME YOUR OWN MEET". YOU WILL BE EXPECTED TO TIME AND OR COUNT FOR OTHER SWIMMERS!

IF you need additional information call Skip Thompson @ 734-913-9282

