Regional Swimming



GENERAL SCHEDULE:

8:30am-Fundamental Events Registration 9:00am-Fundamental Competition Begins 9:30am-Individual Event Registration 10:00am-Individual Event Competition

Fundamental Events:

15M Walk 15M Assisted*

*coach or asst. is in the water w/athlete

15M Flotation

25M Flotation

15M Kickboard

25M Kickboard

15M Unassisted

Individual Events:

25M Freestyle

25M Backstroke

25M Breaststroke

25M Butterfly

50M Freestyle

50M Backstroke

50M Breaststroke

50M Butterfly

100M Freestyle

100M Backstroke

100M Breaststroke

100M Butterfly

100M Individual Medley

200M Freestyle

4X25M Free Relay

4X50M Free Relay

4X25 Medley Relay

4X50 Medley Relay

Saturday May 11th

Webster Aquatic Center 875 Ridge Road - Webster, NY 14580

REGISTRATION INFORMATION:

REGISTRATIONS DUE NO LATER THAN:

FRIDAY April 26TH

PLEASE EMAIL REGISTRATIONS TO:

mpachuta14@gmail.com

Questions? Please Contact the Regional Office: 585-586-7400

EVENT RULES:

- Medical and Consent forms must be provided to the regional office and be present at registration
- Athletes must wear appropriate swimwear
- Individual qualifying times must be present on registration forms in order to ensure competitive divisions
- Lunches will NOT be served at this event! We will make every effort to have concessions open
- Athletes may enter two fundamental events OR two individual events and one relay
- Athletes registered for fundamental events are responsible for their own Coast-Guard-Approved flotation equipment
- All coaches and support staff in attendance must be registered and maintain a valid certification status