

Sunday July 31, 2011 Broadstone Racquet Club

Masters Swim Meet



12:00pm Meet Begins
Warm-up pool open at 11:00am

FUN MASTERS (18+ years old) Co-ed SWIM MEET !

Events are Co-ed so you can swim with your friends and create fun relays.

Order of Events

200 Medley Relay
50 Freestyle
50 Breaststroke
50 Backstroke
100 IM
50 Butterfly
500 Freestyle
200 Free Relay

This meet is intended to give you a swimming goal and to meet other area swimmers. As a bonus, we will be timing the events to give you a baseline or personal best time.

NO EXPERIENCE NECESSARY! New swimmers, fitness swimmers, Tri-athletes, competitive swimmers, those just curious to see how fast you can go or to experience a swim meet, are all Welcome. \$3 per event. **RAFFLE PRIZES** for meet entrants !!

To enter: Contact Coach Myron Dong via email, or enter Day of Meet at registration table.

Location: Broadstone Racquet Club, 820 Halidon wy, Folsom, CA 95630

Contact : Coach Myron Dong
Phone: 916-835-4444
E-mail: Coach@Bike4FunandHealth.com



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