

CAC Fall Sprint Challenge

Saturday, October 6, 2007

The Fall Sprint meet is different than most meets because the length of the events is no greater than 100 yards. This meet is a fun meet. **All Seahawks should attend this meet** and will be entered in all 5 events in their age group.

Events Offered in Each Age Group:

8 & under	25 back, breast, fly, free and 100 IM
9/10	25 back, breast, fly, free and 100 IM
11/12	25 back, breast, fly, free and 100 IM
13/14	50 back, breast, fly, free and 100 IM
15 & over	50 back, breast, fly, free and 100 IM

Schedule:	Flex	Warm up	Meet Start
All age groups	11:40 am	12:00 pm	1:15 pm

Cost: \$18.00 per swimmer for 5 events
 \$2.00 Ohio Swimming, Inc. (OSI) surcharge per athlete

Please make sure you have paid all of your team and escrow fees.

Because we are hosting this meet, which is a fundraiser for our team, all families are required to supply one worker for the meet. A volunteer form is included in this information, and must be returned with the meet entry.

Return this entry form no later than Friday, September 21 to the plastic meet entry folder at the pool (in back of the family folder cart) of fax to 474-WIN1 (474-9461).

Name of swimmer(s)	attending the Fall Sprint Meet	
_____	Yes	No
_____	Yes	No
_____	Yes	No
_____	Yes	No