

2010 SUMMER POLAR BEAR

Countryside YMCA

Thank You for attending the 2010 Summer Polar Bear at Countryside
YMCA.

Please note that warm-ups will start at 6:30 and the meet will start at 7:30 a.m.

Due to the timeline we will not swim any relays in the meet.

There will be a positive check in for all 200 IM and 400 IM and the 400 Free.

All 200 IM will be limited to the top 4 heats and the 400 IM will be limited to the top 2 heats.

Refunds for events that are not swum will be given.

We will be accepting deck entries in open lanes only. No deck entries will be accepted for the 200 & 400 IM or the 400 Free. No new heats will be formed for deck entries.

Warm Up Assignments are as Follows

	1	2	3	4	5	6	7	8
6:30-6:50	BASH	BASH	BASH	CFY	KEY	KEY	KEY	KEY
6:50-7:10	GMVY	GMVY	LYST	GNY	BKHY	AAY	MCY/BVCY	CLIN/CCYC/MY
7:10-7:30	DFY	DFY	DFY	CLIP	CLIP	HURY	HURY	HURY

INDOOR COMPETITION POOL

	1	2	3	4	5	6	7	8
6:30-7:00(11&over)	CY	CY	CY	CY	CY	CY	CY	CY
7-7:20 (9-10)	CY	CY	CY	CY				
7:20-7:40(8&under)	CY	CY	CY	CY				

Meet starts at 7:30 a.m. and must end at 2:00 p.m.