



E-Mail: [eshields@vosymca.org](mailto:eshields@vosymca.org)

**Entry Fees:** \$5.00 LSC surcharge  
\$3.00 per individual event  
Entry fees are due by the start of the first session, Saturday, October 23, 2010. Payment may be made by cash, check or credit card. Make checks payable to **YMCA Westside Silver Fins**.

**Awards:** Awards will not be given at this meet.

**Timing:** Volunteers will be asked to time for all events except for the 1000 free. Swimmers must provide their own timers and lap counters.

**Please see the supplemental flyer for information on Concessions, Parking, Special Hotel Rates and more!**

### Session I – Saturday, October 23, 2010

Warm up: 8:00 AM      Start: 9:00 AM

Girls	Time	Event	Time	Boys
1	NT	9-10 200 IM	NT	2
3	NT	11-12 200 IM	NT	4
5	NT	13 and Over 200 IM	NT	6
7	NT	8 and Under 50 Fly	NT	8
9	NT	9-10 50 Fly	NT	10
11	NT	11-12 100 Fly	NT	12
13	NT	13 and Over 100 Fly	NT	14
15	NT	8 and Under 25 Free	NT	16
17	NT	9-10 100 Free	NT	18
19	NT	11-12 200 Free	NT	20
21	NT	13 and Over 200 Free	NT	22
23	NT	8 and Under 50 Back	NT	24
25	NT	9-10 50 Back	NT	26
27	NT	11-12 100 Back	NT	28
29	NT	13 and Over 100 Back	NT	30
31	NT	8 and Under 25 Breast	NT	32
33	NT	9-10 100 Breast	NT	34
35	NT	11-12 200 Breast	NT	36
37	NT	13 and Over 200 Breast	NT	38
39	NT	8 and Under 100 Free	NT	40
41	NT	9-10 1000 Free*	NT	42
43	NT	11 and Over 1000 Free*	NT	44

\* The 1000 free will require positive check-in with the clerk of course 45 minutes prior to the start of the session. Athletes must provide their own timers (2) and lap counter.