



# Intra-Squad Meet Fall 2017



Saturday, Sept 30, 2017

<b>Location</b>	Southern Branch YMCA of York & York County 100 Constitution Avenue Shrewsbury, PA 17361
<b>Arrival Time:</b>	12:00 pm (do not arrive before noon)
<b>Warm-Up Time</b>	12:20 pm
<b>Meet Start Time</b>	12:45 pm
<b>Meet End Time</b>	5:00 pm
<b>Entry Limits</b>	Maximum of three (3) individual events and two (2) relays in any combination with at most four (4) events total. No awards will be given.
<b>Events</b>	This meet will be a pre-seeded, timed-finals meet. The order of events is included in this packet.
<b>Seating</b>	Swimmer seating will be available on the pool deck. Spectator seating will be in the bleachers. No swimmers will be permitted to sit in the bleachers.
<b>Volunteers</b>	Volunteer sign-up sheet: <a href="https://www.timetosignup.com/swimtidalwaves/sheet/225137">https://www.timetosignup.com/swimtidalwaves/sheet/225137</a>
<b>Meet Coordinator</b>	Micah Metzel <a href="mailto:micah.metzel@gmail.com">micah.metzel@gmail.com</a> 717-818-9137 All meet questions should be directed to the Meet Coordinator.

## Order of Events

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>1</b>	<b>8 &amp; Under 100 Medley Relay</b>	<b>2</b>
<b>3</b>	<b>9-12 200 Medley Relay</b>	<b>4</b>
<b>5</b>	<b>13 &amp; Over 200 Medley Relay</b>	<b>6</b>
<b>7</b>	<b>9-12 200 Freestyle</b>	<b>7</b>
<b>8</b>	<b>13 &amp; Over 200 Freestyle</b>	<b>8</b>
<b>9</b>	<b>8 &amp; Under 100 Individual Medley</b>	<b>9</b>
<b>10</b>	<b>9-12 100 Individual Medley</b>	<b>10</b>
<b>11</b>	<b>9-12 200 Individual Medley</b>	<b>11</b>
<b>12</b>	<b>13 &amp; Over 200 Individual Medley</b>	<b>12</b>
<b>13</b>	<b>8 &amp; Under 50 Freestyle</b>	<b>13</b>
<b>14</b>	<b>9-12 50 Freestyle</b>	<b>14</b>
<b>15</b>	<b>13 &amp; Over 50 Freestyle</b>	<b>15</b>
<b>16</b>	<b>8 &amp; Under 50 Butterfly</b>	<b>16</b>
<b>17</b>	<b>9-12 50 Butterfly</b>	<b>17</b>
<b>18</b>	<b>9-12 100 Butterfly</b>	<b>18</b>
<b>19</b>	<b>13 &amp; Over 100 Butterfly</b>	<b>19</b>
<b>20</b>	<b>9-12 100 Freestyle</b>	<b>20</b>
<b>21</b>	<b>13 &amp; Over 100 Freestyle</b>	<b>21</b>
<b>22</b>	<b>11 &amp; Over 500 Freestyle</b>	<b>22</b>
<b>23</b>	<b>8 &amp; Under 50 Backstroke</b>	<b>23</b>
<b>24</b>	<b>9-12 50 Backstroke</b>	<b>24</b>
<b>25</b>	<b>9-12 100 Backstroke</b>	<b>25</b>
<b>26</b>	<b>13 &amp; Over 100 Backstroke</b>	<b>26</b>
<b>27</b>	<b>8 &amp; Under 50 Breaststroke</b>	<b>27</b>
<b>28</b>	<b>9-12 50 Breaststroke</b>	<b>28</b>
<b>29</b>	<b>9-12 100 Breaststroke</b>	<b>29</b>
<b>30</b>	<b>13 &amp; Over 100 Breaststroke</b>	<b>30</b>
<b>31</b>	<b>8 &amp; Under 100 Freestyle Relay</b>	<b>32</b>
<b>33</b>	<b>9-12 200 Freestyle Relay</b>	<b>34</b>
<b>35</b>	<b>13 &amp; Over 200 Freestyle Relay</b>	<b>36</b>