



You are cordially invited to participate in Forest Park’s first ever invitational. As you may have heard, after the season started, Forest Park found itself with an invitational-sized hole in their schedule. Rather than cry about it, we’re throwing our own invitational! We hope you can join us and hope for your understanding as we throw this together at the last minute. This truly is a bare bones effort, but we hope to have what matters – fast pool, fast competition and good vibes. More information will be coming as it becomes available.

MEET INFORMATION

- Meet Host:** Forest Park Swim Team
- Date & Time:** Sunday July 12, 2026, 9am to estimated 2pm
- Location:** Northgate High School, 425 Castle Rock Rd Walnut Creek, CA
- Pool:** 10 lanes with touchpads
- Host:** Forest Park Swim Team
- Price:** \$5 Splash Fee per Swimmer up to \$375 per team
- Entry Limit:** 3 individual events and 2 relays per swimmer. 2 relays per event per team.
- Format:** Everyone against Everyone! There are no age groups. All individual events will be seeded strictly by time without regard to age or gender. All relays will maintain their regular age groups.
- Scoring:** While swimming in the same event, scoring will be done by age group.
- Rules:** Current USS rules will govern strokes, turns, starts, finishes, etc. Tech suit restrictions for 12&under will be enforced. Swimmers must be participants of a summer rec league.



Other: This year it is a bare-bones meet. There will be no clerk of the course. Ribbons will be limited to top 5 for ages 10 and under. The meet program will be available for free online. Everything else is TBD. For teams with over 20 swimmers entered we ask that you provide timers and stroke & turn judges. The number of each will be determined based on entry numbers.

Order of Events:

Event No	Event Name
1	Girls 6&Under 100 Yard Freestyle Relay
2	Boys 6&Under 100 Yard Freestyle Relay
3	Girls 7-8 100 Yard Freestyle Relay
4	Boys 7-8 100 Yard Freestyle Relay
5	Girls 9-10 200 Yard Freestyle Relay
6	Boys 9-10 200 Yard Freestyle Relay
7	Girls 11-12 200 Yard Freestyle Relay
8	Boys 11-12 200 Yard Freestyle Relay
9	Girls 13-14 200 Yard Freestyle Relay
10	Boys 13-14 200 Yard Freestyle Relay
11	Women 15-18 200 Yard Freestyle Relay
12	Men 15-18 200 Yard Freestyle Relay
13	Mixed 9-18 50 Yard Freestyle
14	Mixed 7-18 100 Yard IM
15	Mixed 8&Under 25 Yard Freestyle



16	Mixed 9-18 50 Yard Freestyle
17	Mixed 15-18 100 Yard Freestyle
18	Mixed 8&Under 25 Yard Breaststroke
19	Mixed 9-14 50 Yard Breaststroke
20	Mixed 15-18 100 Yard Breaststroke
21	Mixed 8&Under 25 Yard Backstroke
22	Mixed 9-14 50 Yard Backstroke
23	Mixed 15-18 100 Yard Backstroke
24	Mixed 8&Under 25 Yard Butterfly
25	Mixed 9-14 50 Yard Butterfly
26	Mixed 15-18 100 Yard Butterfly
27	Girls 6&Under 100 Yard Medley Relay
28	Boys 6&Under 100 Yard Medley Relay
29	Girls 7-8 100 Yard Medley Relay
30	Boys 7-8 100 Yard Medley Relay
31	Girls 9-10 200 Yard Medley Relay
32	Boys 9-10 200 Yard Medley Relay
33	Girls 11-12 200 Yard Medley Relay
34	Boys 11-12 200 Yard Medley Relay
35	Girls 13-14 200 Yard Medley Relay
36	Boys 13-14 200 Yard Medley Relay
37	Women 15-18 200 Yard Medley Relay



38	Men 15-18 200 Yard Medley Relay
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Important Deadlines:

Monday June 21st by 5pm: Fill Out [Interest Form](#)

Wednesday July 6th by 5pm: Fill out Entry Form with final number of swimmers (for job assignment purposes) and deposit payment via Zelle to treasurer@forestparkflyers.com or email treasurer@forestparkflyers.com for alternative arrangement.

Monday July 9th by 5pm: Entry packages are due and must be submitted via Hy-tek Meet Manager software. Entries should be e-mailed to forestparkflyers@gmail.com.

If you have any questions, please contact Amy at forestparkflyers@gmail.com

We hope to see you at our invitational. More information is to come.