



1st Summer Rec League Meet

Saturday, June 29, 2023

Location: T. Claude and Gladys B. Ryan Family YMCA
4390 Valeta Street, San Diego CA 92107

Warm-ups start at 2:30 pm; Meet starts at 4:00 pm

Girls	Events	Boys
1	All Ages Mixed 100 Free Relay	1
2	8 & Under 25 meter Butterfly	3
4	9/10 25 meter Butterfly	5
6	11/12 50 meter Butterfly	7
8	13 & Over 50 meter Butterfly	9
10	8 & Under 25 meter Backstroke	11
12	9/10 25 meter Backstroke	13
14	11/12 50 meter Backstroke	15
16	13 & Over 50 meter Backstroke	15
18	8 & Under 25 meter Breaststroke	19
20	9/10 25 meter Breaststroke	21
22	11/12 50 meter Breaststroke	23
24	13 & Over 50 meter Breaststroke	25
26	8 & Under 25 meter Freestyle	27
28	9/10 25 meter Freestyle	29
30	11/12 50 meter Freestyle	31
32	13 & Over 50 meter Freestyle	33
	FLICK AND FLOAT	

Course: Ryan Family YMCA, 4390 Valeta St, San Diego CA 92107. Outdoor heated 25-meter pool with 6 lanes of competition. The water temperature will be held between 80 and 82 degrees for the competition. This event will not be officiated, sanctioned, or USA Swimming observed.

Sara Keleher, Head Swim Coach
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Andi Hunziker, Aquatics Director
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Registration: Entry fee is \$20 per swimmer. Registration deadline is Tues., 6/25/2024. Registration can be paid online, in-person, or via phone. Coaches will enter event selections for swimmers via online form.

Entry Limit: Swimmers may enter a maximum of THREE individual events.

Start Time: Warm-ups will start at 2:30 pm. Teams will be assigned warm-up slots based on number of registered participants. The meet will start at 4:00 pm.

Check-in: Check-in will be open from 2:00-3:30 pm.

Eligibility: Swimmers of all levels are eligible to participate.

Timers: Handheld stopwatches will be used for this meet. Teams will be proportionately assigned lanes for timing according to number of entries submitted.

Team Scoring: Teams points will be awarded for 1st through 6th place as follows: individual events 7-5-4-3-2-1. Teams will only score points for a maximum of two swimmers per event. Relays will not be scored.

Seating and Cheering: Seating areas will be assigned based on team size. Bring chairs and shade covering. Participants will be allowed at the shallow end to cheer, but participants will not be permitted to set up chairs on deck.

Recreational Pool Use: The therapy pool and shallow end will be open during the meet. To help swimmers with peak performance, registered meet participants are not allowed in the shallow end or therapy pool during the meet.