

# YORK UNIVERSITY QUAD-MEET

Sunday, October 17<sup>th</sup>

CARLTON/ RYERSON/TRENT/YORK

Warm up: 8:00am

Start: 9:00am

WOMEN		MEN
1	4 X 100 FREE RELAY	2
3	200IM	4
5	50BR	6
7	50BK	8
9	100FLY	10
11	200FR	12
13	200BR	14
15	200BK	16
17	50FLY	18
19	100BR	20
21	100BK	22
23	50FR	24
25	200FLY	26
27	4 X 50 MEDLEY RELAY	28

- Each swimmer may swim a maximum of 3 individual events plus relays.
- If at all possible please send your entries prior to the date of the meet for input (ideally, noon on Thursday, October 14<sup>th</sup>).
- Please makeup your own cards.

Thanks Vic