

YORK UNIVERSITY TRI-MEET
Sunday, October 16th

CARLTON/ TRENT/YORK

Warm up: 8:00am

Start: 9:00am

<u>WOMEN</u>		<u>MEN</u>
1	4 X 50 FREE RELAY	2
3	200IM	4
5	100FR	6
7	50BR	8
9	50BK	10
11	100FLY	12
13	200FR	14
15	200BR	16
	10-15min break	
17	200BK	18
19	50FR	20
21	50FLY	22
23	100BR	24
25	100BK	26
27	800FR	28
29	4 X 100 MEDLEY RELAY	30

- 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 13th)
- Please makeup your own cards

Thanks Vic