

CAST Intersquad fun meet

Kroc center

Arrive 4:20

Warmup 4:30

meet begins 4:50

| | | | | |
|-------|---|--------|-----------------|--|
| Event | 1 | Free | 50 | |
| Event | 2 | Breast | 25 50 100 | Swimmers can pick 1 of the 3 distances Swimmers can pick 1 of the 3 distances Swimmers can pick 1 of the 3 distances |
| Event | 3 | Fly | 25 50 100 | Swimmers can pick 1 of the 3 distances Swimmers can pick 1 of the 3 distances Swimmers can pick 1 of the 3 distances |
| Event | 4 | Free | 200 | |
| Event | 5 | Back | 25 50 100 | Swimmers can pick 1 of the 3 distances Swimmers can pick 1 of the 3 distances Swimmers can pick 1 of the 3 distances |
| Event | 6 | IM | 100 | |
| Event | 7 | Free | 100 | |

This is for all swimmers (year round and summer league) who are not in Thursday's Age Group Championships in Coronado

There is no event limit (swim as many as offered for your group)

Parents please bring a folding chair for timing help (a tall one that you can get up and down easily)