

June 28 – CAST Intersquad fun meet
Kroc center
4:45 – 6:00 PM- swimming
Please arrive at 4:15

Event	1	Free	50	All levels
Event	2	Breast	25 50 100	Novice Novice and AG AG SR SD
Event	3	Fly	25 50 100	Novice Novice and AG AG SR SD
Event	4	Free	200	SD and SR
Event	5	Back	25 50 100	Novice Novice and AG AG SR SD
Event	6	IM	100 200	Novice and AG AG SR SD
Event	7	Free	100	AG SR SD
Event	8	Relay – if time		

This is for all swimmers – year round and summer league

Within an event number, swimmers can pick 1 swim . Example, and novice swimmer could swim event 2 25 breast OR event 2 50 breast – but not both.
an AG swimmer could pick event 2, the 50 or the 100 br - but not both

There is no event limit (swim as many as offered for your group)
SR and SD swimmers will be expected to swim all of the races as this is in place of their normal workout.

Swimmers will fill out cards upon arrival as to what they are swimming

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