

SUNSET SPRINTS RELAY MEET



Get ready for Hill Farm's Fourth Sunset Sprints Relay Meet between Hill Farm, Seminole, and Shorewood Swim Clubs! The meet is scheduled for **Thursday, July 11th at 7:30 p.m.** The 13&Ups from each team are invited to participate in this fun and friendly competition.

MEET FORMAT: There will be one heat per event allowing each team to have an A and a B relay. There will be two open lanes, so if teams have enough swimmers, they may be allowed to have a C relay. If all three teams have a C relay, C relay entries will be rotated amongst the three pools.

EVENTS: The events are as follows:

- 4 x 50 Medley (13-14, 15-18)
- 4 x 50 Back Co-Ed (13-14, 15-18)
- 4 x 25, 50, 75, 100 Crescendo Free (13-14, 15-18)
- 4 x 50 Breast Co-Ed (13-14, 15-18)
- 4 x 50 Fly Co-Ed (13-14, 15-18)
- 4 x 100 IM Co-Ed (13-14, 15-18)
- 4 x 50 Free Co-Ed (13-14)
- 8 x 50 Free Co-Ed (15-18)

- 4 x 50 Medley Co-Ed Masters
- 8 x 50 Free Co-Ed Masters
- 4 x 100 IM Co-Ed Masters

START TIME: The swim meet will start at 7:30 p.m. and should run until approximately 9:00 p.m. Warm ups will **not** be held at Hill Farm.

ENTRIES & FEES: Relay entries are due Tuesday the 9th at 12 p.m.(noon). The entry fee is a \$1.00 donation to Second Harvest at the door.