

AQUATICS

To Enter Athletes in Aquatics for Summer Games, you must submit:

- * Coach's Card
- * 2010 SG Registration Form
- * Summer Games Relay Form

Athlete entries (**except Relay Entries**) & Med/Release forms have been submitted to SOOK by the Area Aquatics Director where your Team competed in Aquatics

Submit **SG Aquatics Relay** entry only

Check out the following page for the 2010 SG Aquatics Schedule

Remember your Celebration Night Reservation Form if you plan to attend

2010 MASTER AQUATICS SCHEDULE

THURSDAY @ SUMMER GAMES

STILLWATER YMCA

8:30 am	Coaches' meeting - Pool Area
8:30 am	Warm-up period for athletes
9:00 am	25 M Front Flotation Races
9:15 am	25 M Back Flotation Races
9:30 am	25 M Flotation Relays
10:00 am	Male 25 M Freestyle
10:20 am	Female 25 M Freestyle
10:45 am	25 M Backstroke
11:00 am	25 M Breaststroke
11:30 am	25 M Butterfly
11:45 am	50 M Freestyle
12:00 pm	100 M Freestyle
12:15 pm	50 M Backstroke
12:30 pm	100 M Backstroke
12:45 pm	50 M Breaststroke
1:00 pm	100 M Breaststroke
1:15 pm	50 M Butterfly
1:30 pm	100 M Butterfly
1:45 pm	4 X 25M Freestyle Relay – Junior
2:00 pm	4 X 25M Freestyle Relay – Senior
2:15 pm	4 x 25M Medley Relay – Junior
2:30 pm	4 x 25M Medley Relay – Senior
2:45 pm	4 X 50M Freestyle Relay – Junior
3:00 pm	4 X 50M Freestyle Relay – Senior
	NO Diving

NOTE: All times are approximations and may vary.

COACH: It is your responsibility to make sure all athletes are present and ready when their event is called. Athletes should be on site at least 30 minutes prior to their competition start time for staging.