

Oshkosh Last Chance March 14, 2010

Cost: \$12.00 per swimmer

Entry limit: 4 individual swims

Relays: Short relays unlimited – Long relays (400) only swim state qualifying attempts

Awards: Ribbons 1st – 16th for 8+U, 9-10, 11-12 Ribbons 1st 8th 13+Over

Teams: FCY, GBY, SSTY, OSHY

Entry deadline: Tuesday, March 9, 2010

Age-up Date: December 1, 2009

Bring your officials to help out

COACHES IF YOU NEED A 1650, 1000 FREE, OR 800 FREE RELAY CONTACT JAY AND WE WILL FIGURE OUT HOW TO FIT IT IN

Sunday AM Distance Session - Warm-ups to be determined after entries are received

400 IM	Open*
200 free	Open*
200 fly	Open*
200 back	Open*
200 breast	Open*
500 free	Open*

Sunday Mid-day Session – Warm-up 10:30 AM

200 free relay	Open
100 free relay	8+Under
50 fly	Open*
25 fly	8+Under
100 back	Open*
50 back	8+Under
50 breast	Open*
25 breast	8+Under
100 free	Open*
50 free	8+Under
200 IM	Open*
400 medley relay	Open*

10 minute break – Open pool break

Sunday PM session

200 medley relay	Open
100 medley relay	8+Under
100 IM	Open
100 IM	8+Under
50 free	Open*
25 free	8+ Under
100 breast	Open*
50 breast	8+Under
50 back	Open*
25 back	8+ Under
100 fly	Open*
50 fly	8+ Under
400 free relay	Open

* Awarded 9-10, 11-12, 13+Over

