



MCSL Meet June 22nd 2010 @ O'Neal

Warm-up Times:

Rock, CCNC: 5:30-5:45 pm
Elks, PPR, SSS: 5:45-6:00 pm

<u>Womens</u>	<u>Events</u>	<u>Mens</u>
1	6-u 25 Free	2
3	7/8 25 Free	4
5	9/10 25 Free	6
7	11/12 50 Free	8
9	13/14 50 Free	10
11	6-u 25 Back	12
13	7/8 25 Back	14
15	9/10 25 Back	16
17	11/12 50 Back	18
19	13/14 50 Back	20
21	200 Free Relay	22

Each Relay Must have a 7-8, 9-10, and 13-14

Note:

- You must have all Hy-Tech entries submit onto the SSS computer a minimum six days before each dual meet.
- There will be a coaches meeting at 5:15. Each team must have a coach present.
- Coaches are responsible for providing: SSS-4 timers, PPR- 1 timer, CCNC-1 timer, Elk 2-timers, Rock-1 timer.
- You may contact Owen Herbert at O'Neal (692-5777), cell (638-4431)