



**Tigard Tualatin Swim Club
2009 Holiday Invitational
A/B/C – December 12 - 13, 2009**

Get there early to save seats and show your Tornadoes spirit by wearing Green!!

All swimmers must have a team cap and suit

All swimmers are to be behind the blocks 10 minutes before start of warm ups-
BE READY to swim. In order to hold the lane we need to be first in the water!!

All swimmers should have extra sweats, socks, hats and towels to keep muscles warm.

All swimmers need to get in bed early Thursday, Friday, and Saturday night.

LOCATION

Tualatin Swim Center
22300 SW Boones Ferry Road
Tualatin, Oregon 97062

DIRECTIONS

**From I-5 South, take exit 289 towards Tualatin/Sherwood. Turn Right onto SW Nyberg RD.
Stay straight to go onto SW Tualatin-Sherwood RD. Turn Left onto SW Boones Ferry Rd.**

Meet Schedule:

	Warm Up	Competition
Saturday Morning	7:30 - 8:15 a.m.	8:30 a.m.
Saturday Afternoon	12:00 - 12:45 p.m.	1:00 p.m.
Sunday Morning	7:30 - 8:15 a.m.	8:30 a.m.
Sunday Afternoon	12:00 – 12:45 p.m.	1:00 p.m.

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Session 1 Saturday Morning, December 12, 2009 (Running 8 lanes)

Girls	Age	Event Description	Boys
#1	11&U	50Y Back	#2
#3	11&U	200Y Free Relay	#4
#5	8&U	25Y Breast	#6
#7	11&U	100Y Breast	#8
#9	11&U	50Y Free	#10
#11	8&U	25Y Fly	#12
#13	11&U	100Y Fly	#14
#15	11&U	100Y IM	#16
#17	11&U	200Y Free	#18

**Session 2 Saturday Afternoon, December 12, 2009
(Running 6 lanes with 1 cool down lane)**

Girls	Age	Event Description	Boys
#19	12	50Y Fly	#20
#21	Open	200Y Back	#22
#23	12&O	200Y Medley Relay	#24
#25	12&O	200Y Free	#26
#27	12&O	100Y Breast	#28
#29	12	50Y Back	#30
#31	Open	200Y Fly	#32
#33	12&O	100Y Free	#34
#35	13&O	400Y IM	#36

Session 3 Sunday Morning, December 13, 2009 (Running 8 lanes)

Girls	Age	Event Description	Boys
#37	8&U	25Y Free	#38
#39	11&U	100Y Free	#40
#41	11&U	200Y Medley Relay	#42
#43	11&U	50Y Fly	#44
#45	8&U	25Y Back	#46
#47	11&U	100Y Back	#48
#49	11&U	50Y Breast	#50
#51	11&U	200Y IM	#52

Session 4 Sunday Afternoon, December 13, 2009
(Running 6 lanes with 1 cool down lane)

Girls	Age	Event Description	Boys
#53	12	50Y Breast	#54
#55	Open	500Y Free	#56
#57	12&O	200Y Free Relay	#58
#59	12&O	100Y Back	#60
#61	12&O	100Y Fly	#62
#63	Open	200Y Breast	#64
#65	12&O	50Y Free	#66
#67	12&O	200Y IM	#68

10 Minute Break

#69	13&O	1000Y Free	#70
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(Events #69 and #70 will be swum fastest to slowest in alternating heats of girls and boys)

AWARDS

Individual: 1st - 8th place ribbons

Relays: 1st - 3rd place ribbons

Parent Timers Needed

Each team will be expected to supply timers for the duration of the meet. Lanes will be assigned and posted.

Thanks to all our great parents for all your support!

Your Coaching Staff - Kamie, Jon, Dan, Sophia

Meet Contact info (lost on the way? sick swimmer?):

Kamie (360)904-1202 OR Jon Anderson (360) 909-2749