BBD "DAY AFTER" INVITATIONAL

Take advantage of your season taper!

Sanction Number MI1112071

CRANBROOK HIGH SCHOOL-WILLIAMS NATATORIUM

550 LONE PINE RD, BLOOMFIELD HILLS ,MI 48304

Sunday March 11th 2012

Warm up & Registration: 8:00am Start Time 9:00am

ALL 13 & OVER USS REGISTERED SWIMMERS ARE WELCOME

Order of Events

1000 YD FREE
200 YD FREE RELAY
500 YD FREE
200 YD IM
50 YD FREE
400 YD IM
******BREAK******
200 YD MEDLEY RELAY
400 YD IM
100 YD FLY
200 YD FREE
100 YD BREAST
100 YD BACK
800 YD FREE RELAY
******BREAK******
200 YD BACK
100 YD FREE
200 YD BREAST
400 YD FREE RELAY
1650 FREE

(ORDER OF EVENTS TO BE RUN THRU 3 TIMES-MAY SWIM IN ALL 3 ROUNDS)

ALL EVENTS WILL BE DECK ENTERED
ENTRY FEE IS $7.00 PER INDIVIDUAL EVENT/ $12.00 FOR RELAYS

sponsored by Birmingham Blue Dolphin Swim Club