

2010 FAST FEBRUARY DUAL

Sanction # _____

A dual time trial for FAST and Peak Waves in Great Falls, Mt

Great Falls High School Pool
19th Street & 5th Avenue South
Great Falls Mt 59405

February 23, 2010
5:15 PM to 7:00 PM
5:15 to 5:35 Warm-up
Meet starts @ 5: 40 PM

Three (3) events offered per swimmer

All swims are mixed ages 9-21

200 yd Butterfly

200 yd Backstroke

500 yd Freestyle

200 yd IM

200 yd Breaststroke

200 yd Freestyle

100 yd Butterfly

100 yd Backstroke

100 yd Breaststroke

100 yd Freestyle

All 100 events subject to time line by referee

Timing to be manual system with two watches per lane.

Referee Merle Gunderson

Registrations need to be back to Fast by February 21st, 2010. This meet is only offered to USA registered swimmers.