



**Fairwood/Rolling Hills
Distance Dual Meet
Saturday July 6, 2019**

- Who:** Rolling Hills and Fairwood Swim Teams.
- When:** Date Saturday July 6, 2019
- Warm Up:** 8:00AM
- Start:** 9:00AM
- Where:** Fairwood Golf and Country Club
17070 140th Ave SE
Renton, WA 98058
425-226-9700
- Cost:** No Fees
- Meet Details:** This meet is designed for our swimmers to get a time in the distance events swam at A-Prelims and League Champs.
- Events:** 50 Free – 500 Free. Age groups and genders will be combined to fill heats.
No minimum time standard, coach must vouch that swimmer can finish event.
- Maximum Entries:** 2 Entries per individual.
- Entries:** A TM event file will be sent to coaches.
Initial entries due 4:00PM on July 5th
Estimated entry time is required for seeding purposes.
- Volunteers:** 2 stroke and turn officials per club.
7 timers per club.
Host Club will provide all other volunteers.
- Awards/Scoring:** No awards or scoring will be given, swims are only for times.
- Concessions:** No Concessions will be sold or provided.
- Questions:** Contact Mike Smith (Fairwood) at mikeyskates40@gmail.com or your teams coach.
- Event Order**
1. 200 Free
 2. 50 Free
 3. 500 Free
 4. 100 Free