

BOISE YMCA SPRING FLING LONG COURSE INVITATIONAL MAY 14 - 16, 2010

Location: West Family YMCA/Boise City Aquatic Center; 5959 N. Discovery Place, Boise, ID 280-377-9622

Directions: From I-84: Take Eagle Rd exit follow Eagle Rd to Chinden. Turn Right. Take Chinden about 3/4 mile to Discovery Place. Turn Right.

You may enter up to 3 individual events and 1 relay each day – Only one event on Friday.

Cost: \$2.25 per event + \$13.00 per swimmer

Friday, May 14th, 2010

Warm-Ups: 4:30 to 5:20 pm	Start: 5:30 pm	
GIRLS	EVENT	BOYS
1	11-UP 400 IM	2
3	11-UP 1500 Free	4

Saturday Morning, May 15th, 2010

Warm-Ups: 7:30 to 8:20 am			Start: 8:30 am
GIRLS	EVENT	BOYS	
5	6-8 100 Free	6	
7	9-10 100 Free	8	
9	11-12 100 Free	10	
11	6-10 200 Medley Relay	12	
13	12-UN 200 Medley Relay	14	
15	9-10 100 Back	16	
17	11-12 100 Back	18	
19	6-8 50 Breast	20	
21	9-10 50 Breast	22	
23	11-12 50 Breast	24	
25	6-8 50 Fly	26	
27	9-10 50 Fly	28	
29	11-12 50 Fly	30	
31	9-10 200 Free	32	
33	11-12 200 Free	34	

Saturday Afternoon, May 15th, 2010

Warm-Ups: 1:00 to 1:50 pm			Start: 2:00 pm
GIRLS	EVENT	BOYS	
35	13-UP 200 Medley Relay	36	
37	13-14 100 Breast	38	
39	15-UP 100 Breast	40	
41	13-14 50 Free	42	
43	15-UP 50 Free	44	
45	13-14 200 Fly	46	
47	15-UP 200 Fly	48	
49	13-14 100 Back	50	
51	15-UP 100 Back	52	
53	13-14 200 Free	54	
55	15-UP 200 Free	56	
57	13-14 50 Fly	58	
59	15-UP 50 Fly	60	
61	13-UP 800 Free	64	

Sunday Morning, May 16th, 2010

Warm-Ups: 7:30 to 8:20 pm			Start: 8:30 pm
GIRLS	EVENT	BOYS	
63	6-8 50 Free	64	
65	9-10 50 Free	66	
67	11-12 50 Free	68	
69	6-10 200 Free Relay	70	
71	11-12 200 Free Relay	72	
71	9-10 100 Breast	72	
73	11-12 100 Breast	74	
75	9-10 100 Fly	76	
77	11-12 100 Fly	78	
79	6-8 50 Back	80	
81	9-10 50 Back	82	
83	11-12 50 Back	84	
91	11-12 400 Free	92	

Sunday Afternoon, May 16th, 2010

Warm-Ups: 12:30 to 1:20 pm			Start: 1:30 pm
GIRLS	EVENT	BOYS	
93	13-UP 200 Free Relay	94	
95	13-14 50 Back	96	
97	15-UP 50 Back	98	
99	13-14 200 Breast	100	
101	15-UP 200 Breast	102	
103	13-14 100 Free	104	
105	15-UP 100 Free	106	
107	13-14 200 Back	108	
109	15-UP 200 Back	110	
111	13-14 100 Fly	112	
113	15-UP 100 Fly	114	
115	13-14 200 I.M.	116	
117	15-UP 200 I.M.	118	
119	13-14 50 Breast	120	
121	15-UP 50 Breast	122	
123	13-UP 400 Free	124	

SIGN UP ONLINE AT WWW.SYACSWIMCLUB.ORG BY WEDNESDAY APRIL 28th