

## Welcome to the Chestnut Oaks Swim Team!

We want to take this opportunity to thank you in advance for your dedication and support of the Chestnut Oaks Swim Team. Last season we had over 140 swimmers on our team and we were very proud of the accomplishments of each and every one. We are lucky to have so many wonderful new and returning families who have cheerfully volunteered their time and efforts. It takes over 50 parents to run a swim meet, not to mention the other activities, so we certainly appreciate everyone's cooperation and time! Once again, we are looking forward to a wonderful 2006 swim season.

### Coaches

**Coach Alison Dolan** - We are excited to have Alison join us this year. Alison is a graduate of U of R. She is returning for her teaching certification and will start student teaching in the fall. Alison swam for NOVA, and U of R and was assistant coach at Hermitage Country Club.

**Coach Michele Werner** – We are also excited to have Michele join us this year. Michele is a 4<sup>th</sup> grade teacher at Pemberton Elementary. Michelle swam for HCC and Hanover High School and coached at Wellesley and the YMCA.

## WELCOME MICHELE & ALISON!

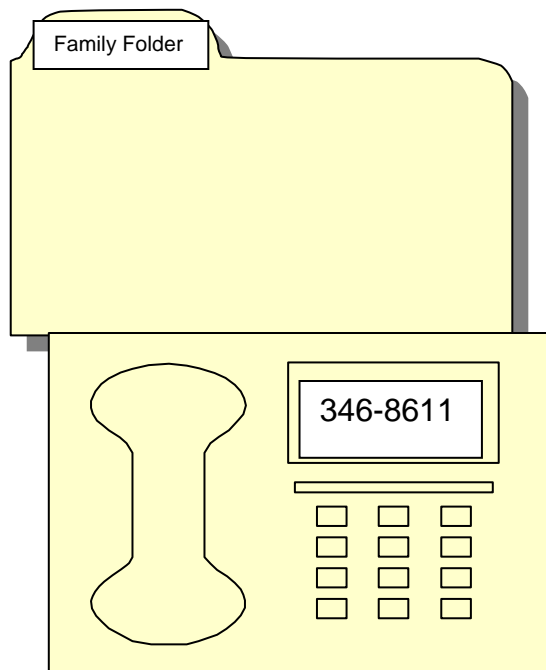
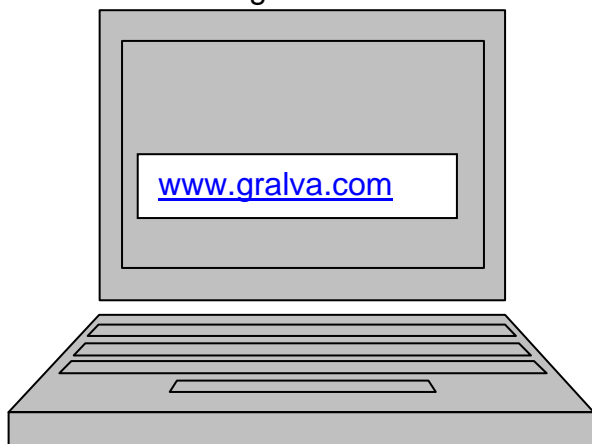
### Swim Suits

This is the second year of our two year suit. It is made by Speedo and is called "Revolution" It is Blue, Green and Black. Suits are available at Disco Sports and at the Virginia Swim Shop at NOVA.

### Communication

There are many ways to obtain information about upcoming swim team events and activities. It is up to each family to make sure that these sources are checked on a regular basis.

1. **E-mail**
2. **Family Folder**
3. **Breezeway Bulletin Board**
4. **Direct contact with Coaches**
5. **Coaches Folder** -to leave messages



## SWIM TEAM COMMITTEE

Position	Name	Phone #	Email
Coach	Alison Dolan	614-5556	<a href="mailto:adolan2@richmond.edu">adolan2@richmond.edu</a>
Coach	Michele Werner	986-5272	<a href="mailto:mkwerner@henrico.k12.va.us">mkwerner@henrico.k12.va.us</a>
Team Coordinators	Sher Lahvic	919-0302	<a href="mailto:vagold@aol.com">vagold@aol.com</a>
	Susan Newton	288-5111	<a href="mailto:susannewton1@comcast.net">susannewton1@comcast.net</a>
	Debbie Perrin	869-4123	<a href="mailto:dap530@aol.com">dap530@aol.com</a>
GRAL Parent Rep	Fergie Ferguson	747-9416	<a href="mailto:ferguson.fxcr@att.net">ferguson.fxcr@att.net</a>
Treasurer	Kathie Avery	270-1776	<a href="mailto:averykathie@aol.com">averykathie@aol.com</a>
Computer Rep	Debbie Perrin	869-4123	<a href="mailto:dap530@aol.com">dap530@aol.com</a>
Team Pictures	Cammy Skoog	273-6405	<a href="mailto:cammskoog@aol.com">cammskoog@aol.com</a>
Social/Spirit Activities			
Spirit Wear	Jody Smart	360-1628	<a href="mailto:jsmart830@msn.com">jsmart830@msn.com</a>
Stroke Clinics			
Volunteer Coordinator	Sher Lahvic	919-0302	<a href="mailto:vagold@aol.com">vagold@aol.com</a>
Awards Program	Debbie Perrin	869-4123	<a href="mailto:dap530@aol.com">dap530@aol.com</a>
Water Country			

## 2006 Meet Schedule

Meet 1 - Wed. 6/14 – AWAY - Cora vs. Ashland

Meet 2 - Wed. 6/21 – HOME – CORA vs. Hermitage

Meet 3 – Wed 6/28 – AWAY – CORA vs. Wembley

Meet 4 – Wed 7/5 – HOME – CORA vs. Tuckahoe Village Rec. Assn.

Meet 5 – Wed 7/12 – AWAY – CORA vs. Wellesley

Meet 6 – Tues 7/18 – HOME – CORA vs. Hungary Creek

# **CORA SWIM TEAM**

## **2006 Calendar**

### **JUNE**

- Sun. June 4<sup>th</sup> Parents' Meeting – Ice Cream Social  
& Poster Party  
2:30 p.m
- Wed. June 14<sup>th</sup> Meet #1 – Ashland - Away
- Sat. June 17<sup>th</sup> Stroke Clinic: 8:30 a.m. – 10:00 a.m.
- Tues. June 20<sup>th</sup> Team Pictures 4:30 p.m. - Wear Team Suit!
- Wed. June 21<sup>st</sup> Meet #2 – Hermitage - Home  
Movie Day!
- Wed. June 28<sup>th</sup> Meet #3 – Wembly - Away

### **JULY**

- Wed. July 5<sup>th</sup> Meet #4 – Tuckahoe Village Rec. Assn. - Home  
Movie Day!
- Sat. July 8<sup>th</sup> Stroke Clinic: 8:30 a.m. – 10:00 a.m.
- Wed. July 12<sup>th</sup> Meet #5 – Wellesley - Away
- Tues. July 18<sup>th</sup> Meet #6 – Hungary Creek - Home  
Movie Day!
- Fri. July 21<sup>st</sup> Water Country Trip
- Sun. July 23<sup>rd</sup> Awards Ceremony & Family Party
- July 18<sup>th</sup> – July 28<sup>th</sup> Champs Practice
- July 29<sup>th</sup> – July 30<sup>th</sup> CHAMPS – George Mason University-  
Manassas

## Practice Schedule

### Starting May 22<sup>nd</sup> - Daily (Monday – Friday):

5:00 p.m. – 5:30 p.m.	Mini-mites
5:00 p.m. – 6:00 p.m.	Mites and Midgets (ages 10 and under)
6:00 p.m. – 7:00 p.m.	Juniors, Intermediates, Seniors (ages 11 – 18)

### Starting June 19<sup>th</sup> - Daily (Monday – Friday):

8:30 a.m. – 10:00 a.m.	All ages
4:30 p.m. – 5:00 p.m.	Mini-Mites and beginners
5:00 p.m. – 6:00 p.m.	Mites and Midgets
6:00 p.m. – 7:00 p.m.	Juniors, Intermediates, Seniors

**Please note: There are no afternoon practices on Meet days, and no morning practices on the day after each Meet.**

## Meet Schedule

Day	Date	Team	H/A	Time	Warm Ups
Wednesday	06/14	Ashland	Away	6:00 p.m.	5:15
Wednesday	06/21	Hermitage	Home	6:00 p.m.	5:00
Wednesday	06/28	Wembley	Away	6:00 p.m.	5:15
Wednesday	07/05	Tuck. Village Rec. Assn.	Home	6:00 p.m.	5:00
Wednesday	07/12	Wellesley	Away	6:00 p.m.	5:15
Tuesday	07/18	Hungary Creek	Home	6:00 p.m.	5:00

### **Please Note:**

1. All meets start at 6:00 p.m.
2. Confirm warm-up times with coaches
3. **Each family is to bring a wrapped bake good to each home meet**
4. Swimmers should bring team suit, towels, goggles, clothes, money for concession stand, activities for down time, lawn chairs as needed, coolers permitted (no glass)
5. No smoking or alcoholic beverages are permitted on the deck during swim meets.

## Parent Volunteers

Parental participation is the key to a successful team and is **required!** The schedule of job assignments will be distributed before the first meet. Each parent must sign up to work at least 3 half-meets. **If you do not sign up for a meet job we will sign up for you! If you are unable to fill your position for any reason, it is your responsibility to find a replacement and let the volunteer coordinator (Sher Lahvic) know of the change.**

Each parent will be asked to perform one of the following jobs:

**Referee:** Certified position /home meets only. The Referee has knowledge of the job responsibilities of each position at the meet, the rules governing the meet, must be aware of any concerns in any areas, and must be ready to intervene as needed. The referee has final say in all disputes.

**Meet Director:** Certified position /home meets only . The Meet Director ensures that the pool is set up for the meet, all workers are in their proper positions, and that the meet runs smoothly.

**Starter:** Certified position /home meets only. The Starter signals the official start of each event and heat using an electronic starter.

**Strokes and Turns Judge:** Certified position /home and away meets. This Judge evaluates each swimmer to assure that the designated strokes and turns for the event are being performed in accordance with USS rules. This Judge has the ability to disqualify swimmers.

**Timers:** Three persons are assigned to each swimming lane during each event. Each will have a stopwatch and will record the time of the event on a swimmer's card. The Head Timer will assign one timer to record the times in each lane.

**Clerk of the Course:** Certified position /home meets only. The Clerk is responsible for seeding all the heats and events according to the official GRAL rules. As events are called, clerk assistants move the swimmers through the area to the starting blocks.

**Scorer:** This is a trained position and is required of home and away meets. The Scorer completes the score sheet for the relays, adding in the computer-generated scores for the individual events.

**Computer Coordinator:** This is a trained position and is required of home and away meets. The Computer Coordinator maintains the roster of swimmers, prepares reports needed by the home as well as away team coaches to plan for each meet, enters all data for each swim meet, prints deck cards, enters heat/event times during meet, prepares and prints all post-swim meet reports required by GRAL.

**Computer Assistant:** This position is required at home and away meets. The position assists the computer coordinator with duties during and after each meet.

**Announcer:** Home meets only. Calls swimmers to Clerk of Course, make all other pertinent announcements.

**Runners:** Home Meets only. Picks up deck cards from timers, Referee, strokes and turns judges for processing.

**Table Workers:** Home and Away meets. All deck cards are directed to the Table after each heat. Completed Deck Cards are checked sorted according to time and sent to the computer coordinator for entry into the system. Print outs of the results of each event are returned to the Table for award verification and distribution.

**Concession Coordinator:** Home meets only. For the three home meets: coordinates food, grill set up, coins & bills for change, signage for items sold etc.

**Concession Workers:** Home meets only. Prepares and sells food and refreshments during the home meets.

**Hostess:** Home meets only. Prepares and serves drinks to all meet workers throughout the entire meet.

Remember: All parents are required to volunteer to work a position at no less than three meets!

Support your child and support the team!

This year we need to find some “take charge” individuals to handle the parent rep responsibilities as our current parent reps, Sher Lahvic, Susan Newton and Debbie Perrin are retiring. It is a fun, rewarding and satisfying position! Please let one of us know if you are interested in jumping in this year!

## GREATER RICHMOND AQUATIC LEAGUE

The Greater Richmond Aquatic League (GRAL) is an organization of athletes, coaches, and parents whose aim is to promote and participate in the organized competitive sport of swimming. GRAL affords the opportunity for swimmers to compete against others of their own ability at various skill levels in an atmosphere of fair play and good sportsmanship. As a part of GRAL, we have agreed to the following rules.

### General Rules and Information

1. All swim meets begin at 6:00 p.m. Warm-ups, last minute instructions, etc., take place 30 minutes or more prior to the start of the meet.
2. No smoking is permitted on the deck or in common-use areas during swim meet.
3. No alcohol or illegal drugs are permitted by officials, workers, or spectators during a swim meet.
4. Rainouts/cancellations are decided at the pool by the Meet Director, Pool Management, and Parent Representative from each team after a 30 minute delay.
5. Lane Assignments are determined by a swimmer's time in that event.
6. All events are seeded fastest to slowest time.
7. Relays can be single sex, except for Senior Varsity relays. Novice relays are limited to novice swimmers. Senior Varsity relays can have a combination of swimmers.
8. Team trophies will be awarded to the highest point team and runner-up in each division by ability classification (Novice, JV, V, SV); however, if there is a tie for first place with identical scores, no attempt will be made to dissolve the tie and no runner-up award will be given. If two or more teams tie for runner-up, duplicate trophies will be awarded.
9. Meets will be run in accordance with the most recent United States Swimming Code (except as noted below)
10. False starts – The "One False Start Rule" as used by USS will not be used by GRAL. A swimmer will not be disqualified until the second false start in the same event. Referee confirmation of a Starter's call will not be required.
11. Awards
  - A. Individual Event: Ribbons will be awarded to the first six places for Novice, JV, V, and SV.
  - B. Relay Events: Ribbons will be awarded in top six places for Novice and SV.

### GRAL Age Groups (as of June 1<sup>st</sup>)

Mini-Mites	6 and under (ribbons awarded in freestyle and backstroke only)
Mites	7 and 8
Midgets	9 and 10
Juniors	11 and 12
Intermediates	13 and 14
Seniors	15 through 18

## LEN EVERETT SPORTSMANSHIP AWARD

The Len Everett Sportsmanship Award was established by GRAL to honor the memory of a man who was instrumental in the founding and structuring of the League. Leonard Everett, from Hungary Creek Recreation Association, stood for the highest ideals of fair competition and good sportsmanship. A plaque is awarded every year to one team in each division whose swimmers, coaches, and parents have best exhibited these qualities. The Board Representative from each team submits a first and second choice for this award (voting only for teams within their own division, excluding themselves), to the League President on the morning of Champs registration. The votes are tallied, and awards are announced on the final day of competition at Champs.

Former recipients of the Len Everett Sportsmanship Award are:

	Division 1	Division 2	Division 3	Division 4	Division 5
2005	Ashcreek/ Wellesley	<b>Chestnut Oaks</b>	Tuckahoe Village	Hanover Country Club	X
2004	Church Run	Fox Hall	<b>Chestnut Oaks</b>	Rockville	Old Church
2003	Fox Hall	Ashland	Rockville	Old Church	X
2002	Fox Hall	Ashland	Tuckahoe Village West	Dolphin Club	X
2001	Colonies	<b>Chestnut Oaks</b>	Tuckahoe Village West & Hermitage	Mechanicsville	X
2000	Hungary Creek	Wembly/Wyndham	<b>Chestnut Oaks</b>	Hermitage	X
1999	Raintree/Kings Charter	Ridgetop	<b>Chestnut Oaks</b>	Milestone	X
1998	Ridgetop	Ashland	Rockville	Old Church/ <b>Chestnut Oaks</b>	X
1997	Wembly	Mechanicsville	Ashland/ <b>Chestnut Oaks</b>	Old Church	X
1996	Wembly/Colonies		<b>Chestnut Oaks</b>	Short Pump	X
1995	Colonies	<b>Chestnut Oaks</b>	Antioch	Ashland	X
1994	Antioch	Wembly	Fox Hall	X	X
1993	Wembly	Rockville	Old Church	X	X
1992	Ridgetop	Rockville	Church Run	X	X
1991	Tuckahoe Village	Hanover	Wellesley	X	X
1990	<b>Chestnut Oaks</b>	Old Church	Wellesley	X	X
1989	<b>Chestnut Oaks</b>	Ridgetop	Rockville	X	X
1988	Ridgetop	Hanover	Dolphin Club	X	X
1987	<b>Chestnut Oaks</b>	Rockville	Hermitage	X	X
1986	Canterbury	Rockville	Old Church	X	X
1985	Wembly			X	X
1984	Hungary Creek			X	X

**SWIM TEAM DIVISIONS AND ABBREVIATIONS  
2004**

**DIVISION 1**

Ashcreek	AC
Canterbury	CRA
Colonies	CSC
Church Run	CRR
Dominion Club	DOM
Kings Charter	KC
Twin Hickory	TH
Wyndham	WSRC

**DIVISION 2**

Ashland	ASH
Chestnut Oaks	CORA
Fox Hall	FH
Hermitage Country Club	HERM
Hungary Creek	HCRA
Tuckahoe Village	TV
Wembly	WEM
Wellesley	WELL

**DIVISION 3**

Atlee	ARA
Milestone	MS
Raintree	RSRC
Rockville	RKVL
Short Pump	SP
Tuckahoe Village West	TVW

**DIVISION 4**

Antioch	ANT
Battlefield Green	BG
Dolphin Club	DC
Hanover Country Club	HCC
Mechanicsville	MRA
Old Church	OC
Pebble Creek	PC

## Weather Policy

All teams are required to follow the GRAL Weather Policy in bad weather situations. The GRAL policy is as follows:

1. At the first sound of thunder or sighting of lightning, the Pool and Deck must be cleared of people and secured. At Chestnut Oaks, everyone must leave the pool area and return to their cars. It is the responsibility of the Meet Director and Pool Management to see that this is accomplished. The Meet Director shall issue instructions for that pool's weather safety procedure. In order to compete in the current season, each club shall file with the Executive Committee by the GRAL May meeting a weather safety procedure for their club.
2. Cancellations /postponements are to be decided the Parent Rep from each team, the Pool Management, and the Meet Director after a minimum 30 minute delay. At the last sighting of lightning or thunder, a 30 minute waiting period is to be enforced before swimmers may re-enter the water.
3. The League encourages teams to wait out the storm and finish the meet. It is easier to wait it out with all officials and workers in place than to schedule another night to come back. Information on storms in the area and the remaining time necessary to complete the meet will be taken into consideration. If a swimmer must leave, notify the coach before doing so.
4. Meets must be rescheduled at the earliest possible date acceptable to all teams. If there are questions, contact a GRAL officer before leaving the pool.
5. In case of cancellation, it is each team's coach's responsibility to collect their team's cards from the Clerk of the Course before leaving the meet.
6. Meets must be completed in the scheduled sequence to avoid giving an unfair advantage to any team.

### **CANCELLATIONS**

**In the event of practice or other event cancellation due to weather, please call the Chestnut Oaks Pool telephone number: 346-8611. The manager on duty will have the latest information. Do not rely on the website for current information. Meets will never be cancelled prior to their start. Always report to the meet on time and wait for instructions.**

## CHAMPIONSHIPS

Championships are held every year following the end of the swimming season. All 29 teams in our league participate in Championships. It is an exciting and fun event that both you and your child will enjoy. It is especially fun now that we have Champs at the George Mason Aquatic Center where it is comfortable, air conditioned, and is equipped with professional scoreboards.

Once your child has attained a minimum of a JV time in any stroke, he or she has qualified for Champs in that event. You will be notified toward the middle of the season if your child has qualified for Champs which will be held July 29<sup>th</sup> – July 30<sup>th</sup> at George Mason University Freedom Aquatic and Fitness Center in Manassas, Virginia. Unlike regular swim season relays, we are allowed only one relay entry per event and at Champs, relays must be mixed sex. In order to fill all the spaces in the relays, some children who may have not qualified during the regular season will be invited to participate.

To help cover entry fees, (which are minimal), each swimmer is asked to sell ads for the Champs Program or Heat Sheet. Chestnut Oaks receives 50% of all proceeds from this fund raiser. Swimmers and their families can design their own, very reasonably priced, quarter-page, half-page or full-page ad in support of an individual swimmer or the team.

Medals will be given to the top **10** places in each event.

Detailed information regarding Champs will be posted in the breezeway prior to the meet. In addition, a meeting for all qualified Champs swimmers will be held sometime after the last regularly scheduled swim meet. Hotel and Motel information will be given out during the season. The prices range from around \$60 to \$120 per night.

For information regarding the George Mason University Freedom Aquatic Center, visit their web site at [www.freedom-center.com](http://www.freedom-center.com).

**DIRECTIONS TO AWAY MEETS**  
**SUMMER 2006**

**Week 1 : Ashland**

1150 Maple St. Ashland, VA

Go East on Parham Rd. Turn Left on Brook Rd. (Route1). Turn left on Ashcake Rd. Turn right on Maple St. Estimated time: 21 minutes

**Week 3 : Wembley**

1311 Gaskins Rd. Richmond, VA 23238

Take Parham North to I64West. Take the Gaskins South Exit (180A) The pool is on the left across from Gayton Crossing Shopping Center adjacent to Blockbuster.

Estimated time: 7 minutes

**Week 5: Wellesley**

3601 Lauderdale Dr. Richmond VA 23233

Take Parham to I64 West. Take the Exit 178A Broad St. (250W) Make a left on Lauderdale Dr. Make a U-turn at Park Terrace Dr. Pool will be on your right.

Good Luck, Have Fun,  
Let's Have a Great Season!!!

## **Insert Time Standards**

## Order of Events - Weeks 1, 3, and 5

### # Event Name

- 1 Boys 8 & Under 50 Free
- 2 Girls 8 & Under 50 Free
- 3 Boys 9-10 100 Free
- 4 Girls 9-10 100 Free
- 5 Boys 11-12 100 Free
- 6 Girls 11-12 100 Free
- 51 8 & Under 100 Free Relay
- 7 Boys 13-14 Free
- 8 Girls 13-14 100 Free
- 9 Boys 15-18 100 Free
- 10 Girls 15-18 100 Free
- 11 Boys 8 & Under 25 Back
- 12 Girls 8 & Under 25 Back
- 13 Boys 9-10 50 Back
- 14 Girls 9-10 50 Back
- 15 Boys 11-12 50 Back
- 16 Girls 11-12 50 Back
- 17 Boys 13-14 50 Back
- 18 Girls 13-14 50 Back
- 19 Boys 15-18 50 Back
- 20 Girls 15-18 50 Back
- 21 Boys 8 & Under 25 Breast
- 22 Girls 8 & Under 25 Breast
- 23 Boys 9-10 50 Breast
- 24 Girls 9-10 50 Breast
- 25 Boys 11-12 50 Breast
- 26 Girls 11-12 50 Breast
- 27 Boys 13-14 100 Breast
- 28 Girls 13-14 100 Breast
- 29 Boys 15-18 100 Breast
- 30 Girls 15-18 100 Breast

### # Event Name

- 31 Boys 8 & Under 25 Butterfly
- 32 Girls 8 & Under 25 Butterfly
- 33 Boys 9-10 50 Butterfly
- 34 Girls 9-10 50 Butterfly
- 35 Boys 11-12 50 Butterfly
- 36 Girls 11-12 50 Butterfly
- 37 Boys 13-14 50 Butterfly
- 38 Girls 13-14 50 Butterfly
- 39 Boys 15-18 50 Butterfly
- 40 Girls 15-18 50 Butterfly
- 41\*\* Boys 8 & Under 25 Free
- 42\*\* Girls 8 & Under 25 Free
- 43 Boys 9-10 50 Free
- 44 Girls 9-10 50 Free
- 45 Boys 11-12 50 Free
- 46 Girls 11-12 50 Free
- 47 Boys 13-14 50 Free
- 48 Girls 13-14 50 Free
- 49 Boys 15-18 50 Free
- 50 Girls 15-18 50 Free
- 52 9-10 200 Free Relay
- 53 11-12 200 Free Relay
- 54 13-14 200 Free Relay
- 55 15-18 200 Free Relay

**\*\* May be swum after event #26 if division –wide agreement is obtained by a vote prior to the start of the season.**

**Novice relays may be all one gender or mixed. Senior Varsity relays must be mixed.**

## Order of Events Weeks 2, 4, and 6

<b>#</b>	<b><u>Event Name</u></b>	<b>#</b>	<b><u>Event Name</u></b>
101	Boys 8 & Under 100 IM	31	Boys 8 & Under 25 Butterfly
102	Girls 8 & Under 100 IM	32	Girls 8 & Under 25 Butterfly
103	Boys 9-10 100 IM	33	Boys 9-10 50 Butterfly
104	Girls 9-10 100 IM	34	Girls 9-10 50 Butterfly
105	Boys 11-12 100 IM	35	Boys 11-12 50 Butterfly
106	Girls 11-12 100 IM	36	Girls 11-12 50 Butterfly
151	8 & Under 100 Medley Relay	137	Boys 13-14 100 Butterfly
107	Boys 13-14 100 IM	138	Girls 13-14 100 Butterfly
108	Girls 13-14 100 IM	139	Boys 15-18 100 Butterfly
109	Boys 15-18 100 IM	140	Girls 15-18 100 Butterfly
110	Girls 15-18 100 IM	41**	Boys 8 & Under 25 Free
11	Boys 8 & Under 25 Back	42**	Girls 8 & Under 25 Free
12	Girls 8 & Under 25 Back	43	Boys 9-10 50 Free
13	Boys 9-10 50 Back	44	Girls 9-10 50 Free
14	Girls 9-10 50 Back	45	Boys 11-12 50 Free
15	Boys 11-12 50 Back	46	Girls 11-12 50 Free
16	Girls 11-12 50 Back	47	Boys 13-14 50 Free
117	Boys 13-14 100 Back	48	Girls 13-14 50 Free
118	Girls 13-14 100 Back	49	Boys 15-18 50 Free
119	Boys 15-18 100 Back	50	Girls 15-18 50 Free
120	Girls 15-18 100 Back	152	9-10 200 Medley Relay
21	Boys 8 & Under 25 Breast	153	11-12 200 Medley Relay
22	Girls 8 & Under 25 Breast	154	13-14 200 Medley Relay
23	Boys 9-10 50 Breast	155	15-18 200 Medley Relay
24	Girls 9-10 50 Breast		
25	Boys 11-12 50 Breast		
26	Girls 11-12 50 Breast		
127	Boys 13-14 50 Breast		
128	Girls 13-14 50 Breast		
129	Boys 15-18 50 Breast		
130	Girls 15-18 50 Breast		

**\*\* May be swum after event #26 if division –wide agreement is obtained by a vote prior to the start of the season.**

**Novice relays may be all one gender or mixed. Senior Varsity relays must be mixed**

Notes:

# TOP TIMES

Name:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>25 Free</b>						
<b>50 Free</b>						
<b>100 Free</b>						
<b>25 Fly</b>						
<b>50 Fly</b>						
<b>100 Fly</b>						
<b>25 Back</b>						
<b>50 Back</b>						
<b>100 Back</b>						
<b>25 Breast</b>						
<b>50 Breast</b>						
<b>100 Breast</b>						
<b>100 IM</b>						

# TOP TIMES

Name:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>25 Free</b>						
<b>50 Free</b>						
<b>100 Free</b>						
<b>25 Fly</b>						
<b>50 Fly</b>						
<b>100 Fly</b>						
<b>25 Back</b>						
<b>50 Back</b>						
<b>100 Back</b>						
<b>25 Breast</b>						
<b>50 Breast</b>						
<b>100 Breast</b>						
<b>100 IM</b>						