

Sunday July 31, 2011 Broadstone Racquet Club

# Masters Swim Meet



**12:00pm Meet Begins**  
**Warm-up pool open at 11:00am**

**FUN MASTERS (18+ years old) Co-ed SWIM MEET !**

Events are Co-ed so you can swim with your friends and create fun relays.

**Order of Events**

200 Medley Relay  
50 Freestyle  
50 Breaststroke  
50 Backstroke  
100 IM  
50 Butterfly  
500 Freestyle  
200 Free Relay

This meet is intended to give you a swimming goal and to meet other area swimmers. As a bonus, we will be timing the events to give you a baseline or personal best time.

**NO EXPERIENCE NECESSARY!** New swimmers, fitness swimmers, Tri-athletes, competitive swimmers, those just curious to see how fast you can go or to experience a swim meet, are all Welcome. \$3 per event. **RAFFLE PRIZES** for meet entrants !!

**To enter:** Contact Coach Myron Dong via email, or enter Day of Meet at registration table.

**Location:** Broadstone Racquet Club, 820 Halidon wy, Folsom, CA 95630

**Contact :** Coach Myron Dong  
Phone: 916-835-4444  
E-mail: [Coach@Bike4FunandHealth.com](mailto:Coach@Bike4FunandHealth.com)



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