

LA MADRONA 2024

SPRING SWIM MEET



SATURDAY MAY 18, 2024
8:30 am-12:30 pm

LAMADRONA
ATHLETIC CLUB

Come join us at the club for a fun morning of races in the Lap Pool. We want to give our swimmers the chance to practice their swimming skills that they have been honing in our swim team program all through Fall. There is nothing like quite the excitement and cheers as each swimmer makes it across the pool.

All of our swimmers are welcome to sign up to take part in as many or as few events. We will need your help too to make this a success. Parent and caregivers are encouraged to join us as our volunteer timers and wranglers during our swim meet. The more the merrier!



EVENT SCHEDULE:

- Check in 8:30-8:45 am
- Warm up 8:45-9:15 am
- **Swimmers arriving after 9:15 am will not be able to add or change event**
- Timers and Wranglers Meeting at 9:15 am
- Swim Meet starts at 9:30 am
- Swim Meet ends at approximately at 12:30 pm

LIST OF EVENTS:

- 100 & 200 Medley Relay
- 100 IM
- 50 Free
- 25 & 50 Back
- 100 Free
- 25 & 50 Breast
- 25 Free
- 200 IM
- 25 & 50 Fly
- 100 & 200 Free Relay

FAQS

Where is Lane 1? Lane 1 is the lane closest to the building.

What is the Medley Relay? A relay is where each swimmer takes one of the four strokes in this order: Backstroke, Breaststroke, Butterfly, and Freestyle.

What is the IM? This is short for "Individual Medley," a race where all four strokes are swum by a single swimmer, in this order: Butterfly, Backstroke, Breaststroke, and Freestyle.

How do I motivate my swimmer to race better: Be their cheerleader! Your swimmer might be a little nervous, so give lots of love and encouragement.

When do we get the awards? At the end of Swim Meet

Team C swimmers please choose the 25 yard and/or 50 yard events.

REGISTRATION

Event fees are \$5.50 per event (\$6.50 per non-member). Signup for all seven events for \$33.00 (\$39.00)

Please complete the form included and return it to the La Madrona Aquatics Office by May 9th. If you have any questions, please contact the Aquatics Director at **831-438-1072 ext 104** or email kgorham@caclubs.com