

NSSC Tri Meet
vs
Striar & Worcester JCC
February 1, 2009

Warm Up Schedule:

11:30-11:50 AM NSSC

11:50-12:10 PM Striar

12:10-12:30 PM Worcester

Start: 12:35 PM

Event List:

1. Open 200 free
2. Open 100 IM
3. 8 & Under 25 Free
4. 12 & Under 50 Free
5. Open 50 Free
6. 8 & Under 25 Fly
7. 12 & Under 50 Fly
8. Open 100 Fly
9. 8 & Under 50 Free
10. 12 & Under 100 Free
11. Open 100 Free
12. 8 & Under 25 Back
13. 12 & Under 50 Back
14. Open 100 Back
15. 8 & Under 25 Breast
16. 12 & Under 50 Breast
17. Open 100 Breast

**** All events will be seeded by time and are all coed. ****