



SWIM TRAINING GROUP & HS Swim PREP 2018-2019 Meet Schedule

Friday, October 26 at SwimRVA

Friday, December 7 at Burkwood

Friday, January 18 at Burkwood

Friday, February 22 at SwimRVA

Friday, March 22 at SwimRVA

Friday, April 12 at SwimRVA

Warm-up: 6:00-6:20pm, Meet start: 6:30pm

Age Groups

8 and under

9 & 10

11 & 12

13 and older

Meet List

25s and 50s of each stroke, mixed gender

100 free or 100 IM

Free or Medley Relay

Host team has option to throw in other events

Awards

Host team will provide awards for heat winners