



SWIM TRAINING GROUP & HS Swim PREP 2019-2020 Meet Schedule

Friday, October 25 at SwimRVA

Friday, December 6 at Burkwood

Friday, January 17 at Burkwood

Friday, February 28 at SwimRVA

Friday, March 20 at SwimRVA

Friday, April 17 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