

TSSC AGE GROUP REMINDERS-JULY 2007

Meets-

July 7-8

THSC BC –50m @ Tualatin Hills 50m- Walker Rd.

BC Meet (Swimmers with “A” times may not swim those events)
On Sunday there will be an opportunity for time trials after the last scheduled event of the meet.

Warm-ups- Sat.- 9:00am Sun.-8:00am
Meet Starts- Sat.- 10:00am Sun.- 9:00am

July 13

Novice & Splash Meet @ Tualatin Swim Center

Warm-ups @ 6pm
Meet Starts @ 6:30pm

July 14-15

10 & Under Champs@ Albany Community Pool

Warm-ups- Sat- Noon Sun- 8:30
Meet Starts- Sat – 1:30pm Sun- 10am

July 26-29

11 & Over Champs@ Mt Hood Community College

Warm-ups- Thurs. – 1:00pm, Fri -Sun.-7:00am
Meet Starts- Thurs. – 2:30pm, Fri - Sun.-9:00am

This is an outdoor meet. Be prepared for weather conditions. Mornings can be chilly. If rain is forecasted bring plenty of warm clothing (including hat and socks) and extra towels or a blanket. If hot and sunny Mirror or dark colored goggles a plus. Sun Screen a must. Don't hang out in the sun before your races. Hydrate!

Events-

July 25

Summer Championship Swimmer's Potluck Bar-b-que
@ Tualatin Park- 6:30pm

For all swimmers that are swimming in a championship meet (including 10 & unders) and family members that would like to attend. (Let your coach know how many people will be attending by July 20th)

Club will provide Hamburgers, Buns, Condiments, paper products and beverage
If last name begins with:

A-K- Bring Salad or Appetizer to share

L-Z- Bring Dessert to share

Practice Changes-

July 4

No Evening Practice at either Pool.

Blue Group Practice Noon-1:30pm at Tigard Swim Center

July 13

Blue Group Practice- 4:30- 6:00pm

July 27

No Practice at Tigard.

All practices at Tualatin. Check Schedule for times.