

# 2010 SUMMER POLAR BEAR

## Countryside YMCA

Thank You for attending the 2010 Summer Polar Bear at Countryside YMCA.

**Please note that warm-ups will start at 6:30 and the meet will start at 7:30 a.m.**

**Due to the timeline we will not swim any relays in the meet.**

**There will be a positive check in for all 200 IM and 400 IM and the 400 Free.**

**All 200 IM will be limited to the top 4 heats and the 400 IM will be limited to the top 2 heats.**

**Refunds for events that are not swum will be given.**

We will be accepting deck entries in open lanes only. No deck entries will be accepted for the 200 & 400 IM or the 400 Free. No new heats will be formed for deck entries.

### Warm Up Assignments are as Follows

	1	2	3	4	5	6	7	8
6:30-6:50	BASH	BASH	BASH	CFY	KEY	KEY	KEY	KEY
6:50-7:10	GMVY	GMVY	LYST	GNY	BKHY	AAY	MCY/BVCY	CLIN/CCYC/MY
7:10-7:30	DFY	DFY	DFY	CLIP	CLIP	HURY	HURY	HURY

Meet starts at 7:30 a.m. and must end at 2:00 p.m.

**GMVY swimmers: please arrive no later than 6:30 am for warm ups**