

# Gold Invitational

May 9-10

Goldsboro, NC – Goldsboro Family YMCA

## 12 and Under Swimmers

Saturday, May 9, 2009 and Sunday, May 10, 2009

### Apparel:

2008 GSC Team Shirt

### Timetable:

7:30 AM – Arrive at the pool (if you do not have your suit on, put it on)

7:35 AM – Team Stretch (Team Shirt)

7:50 AM – Come back in to the pool for warm-ups

7:55 AM – Caps on ready to go for warm-ups

9:00 AM – Meet Begins

### Saturday Events:

**8 and under:** 50 BR, 50 FR

**10 and under:** 200 Med-R, 200 FR, 50 BR, 100 FL, 50 FR, 100 BK

**12 and under:** 200 Med-R, 200 FR, 50 BR, 100 FL, 50 FR, 100 BK

### Sunday Events:

**8 and under:** 50 BK, 50 FL

**10 and under:** 200 FR-R, 100 FR, 50 BK, 100 BR, 50 FL

**12 and under:** 200 FR-R, 100 FR, 50 BK, 100 BR, 50 FL