



Gold Invitational

May 8-10

Goldsboro, NC – Goldsboro Family YMCA

13 and Over Swimmers

Friday, May 8, 2009 – Only National and National Prep Swimmers

Apparel:

2008 GSC Team Shirt

Timetable:

5:00 PM – Arrive at the pool (if you do not have your suit on, put it on)

5:10 PM – Caps on ready to go for warm-ups

5:50 PM – Warm-up ends

Note: Meet will already be under way as it starts at 5 pm. All swimmers will be competing in the 400 IM and the 50 FR if you choose.

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

Apparel:

2008 GSC Team Shirt

Timetable:

11:30 AM – Arrive at the pool (if you do not have your suit on, put it on)

11:40 AM – Team Stretch (Team Shirt)

12:00 PM – Come back in to the pool for warm-ups

12:05 PM – Caps on ready to go for warm-ups

Meet Begins not before 1:00 PM

Note: National Swimmers will be participating in a practice after the conclusion of the Saturday session. The practice will take approx. 90 minutes. I have room in my truck for 4 swimmers. Please make arrangements.

Saturday Events:

400 Med-R, 200 FR, 100 BR, 200 FL, 100 BK, 200 IM

Sunday Events:

400 FR-R, 100 FR, 200 BK, 100 FL, 200 BR, 400 FR