

North Shore Swim Club
Distance Meet

Salem State College, Salem Ma.

Saturday, April 4, 2009

Sanctioned by NE Swimming #NE-09-19D, NE-09-19DTT

SATURDAY MORNING

Warm Up: 8:00 AM, Start 8:45 AM (Changed)

GIRLS EVENTS

1

OPEN 500 FREE

3

OPEN 1000 FREE

5

OPEN 400 IM

7

OPEN 1650 FREE

BOYS EVENTS

2

4

6

8

20 Minute Warm Up Whole Pool