

SOLON MEET INFORMATION

MAST is planning a travel/training meet to the Cleveland area for a meet at Solon on June 14th thru 18th. Events being offered are below.

We plan to leave Milford about **4pm on Wednesday** evening, June 14th. On Thursday and Friday, we have the opportunity to train in a 10 lane, long course, 50 meter pool in Lakewood, a suburb of Cleveland overlooking Lake Erie.

We will then attend the Long Course meet at Solon on Saturday and Sunday and **return to Milford after the meet on Sunday**. We anticipate having a group of coaches and parents accompany the group. Any parent who would like to chaperone, should let us know. There may be some swimmers who do not have parents who can accompany them. The chaperone's hotel cost will be covered.

The major costs for this trip will include:

- Motel: About \$20 per night per person for four nights, four to a room (\$80)
- \$\$ for food
- \$\$for sightseeing/activities while in Cleveland

ONLY SWIMMERS IN THE BLACK 4-5-6 AND SENIOR GROUPS ARE INVITED TO PARTICIPATE. Interested swimmers are required to train seriously and regularly between now and our departure. **Swimmers who are considering joining us for this trip are expected to make an extra effort to be at every possible practice in order to be as well prepared as possible for this meet.**

In order to firm up motel reservations we need a deposit of \$30 per swimmer (refundable until hotel reservations are made.) Money not used toward hotel costs, will be used for food. Please fill out the form below and return to David Abineri's folder at the pool by **SAT, APLRIL 29th**. Make checks payable to MAST.

=====

SOLON TRIP

SWIMMER NAME(S) _____

ADULT WHO WILL ALSO ATTEND _____

ARE YOU INTERESTED IN BEING A CHAPERONE? _____

Please attach a \$30 deposit check payable to MAST and place in David Abineri's folder by SATURDAY, APRIL 29TH

Saturday AM – combined warm-ups 7:30 a.m., 8:35 a.m. meet start (Timed Finals)

| Saturday Morning | | | | |
|-------------------------|-------------|--------------------------|-------------|---------|
| Girls | Faster than | | Faster than | Boys |
| Event # | Time | | Time | Event # |
| 1 | --- | 13 - 14 200 Free | --- | 2 |
| 3 | --- | Open 200 Free | --- | 4 |
| 5 | --- | 13 - 14 100 Back | --- | 6 |
| 7 | --- | Open 100 Back | --- | 8 |
| 9 | --- | 13 - 14 200 Breast | --- | 10 |
| 11 | --- | Open 200 Breast | --- | 12 |
| 13 | --- | 13 - 14 100 Fly | --- | 14 |
| 15 | --- | Open 100 Fly | --- | 16 |
| 17 | --- | 13 - 14 100 Free | --- | 18 |
| 19 | --- | Open 100 Free | --- | 20 |
| 21 | --- | 13 & Over 400 Free Relay | --- | 22 |
| | | 10 minute warm-up | | |
| 23 | 24:06:39 | Open 1500 Free * | 23:35.29 | 24 |
| | | | | |

* The host team reserves the right to limit this event to 3 heats/top 18 swimmers

Saturday PM – Warm-ups will begin 15 minutes after conclusion of morning session. The warm-up time will be posted at <http://www.lakeerieswimming.com/> by June 15th.

| Saturday Afternoon | | | | |
|---------------------------|-----|---------------------------|-----|---------|
| Girls | | | | Boys |
| Event # | | | | Event # |
| 25 | --- | 10 & Under 200 Free | --- | 26 |
| 27 | --- | 11 - 12 200 Free | --- | 28 |
| 29 | --- | 8 & Under 100 Free | --- | 30 |
| 31 | --- | 9 & 10 100 Free | --- | 32 |
| 33 | --- | 11 - 12 100 Free | --- | 34 |
| 35 | --- | 8 & Under 50 Back | --- | 36 |
| 37 | --- | 9 & 10 50 Back | --- | 38 |
| 39 | --- | 11 - 12 50 Back | --- | 40 |
| 41 | --- | 10 & Under 100 Breast | --- | 42 |
| 43 | --- | 11 - 12 100 Breast | --- | 44 |
| 45 | --- | 8 & Under 50 Fly | --- | 46 |
| 47 | --- | 9 - 10 50 Fly | --- | 48 |
| 49 | --- | 11 - 12 50 Fly | --- | 50 |
| 51 | --- | 10 & Under 400 Free Relay | --- | 52 |
| 53 | --- | 11 - 12 400 Free Relay | --- | 54 |
| | | | | |

Sunday AM – combined warm-ups 7:30 a.m., 8:35 a.m. meet start (Timed Finals)

| Sunday Morning | | | | |
|-----------------------|-------------|--------------------------|-------------|---------|
| Girls | Faster than | | Faster than | Boys |
| Event # | Time | | Time | Event # |
| 55 | --- | 13 - 14 200 IM | --- | 56 |
| 57 | --- | Open 200 IM | --- | 58 |
| 59 | --- | 13 - 14 200 Back | --- | 60 |
| 61 | --- | Open 200 Back | --- | 62 |
| 63 | --- | 13 - 14 50 Free | --- | 64 |
| 65 | --- | Open 50 Free | --- | 66 |
| 67 | --- | 13 - 14 200 Fly | --- | 68 |
| 69 | --- | Open 200 Fly | --- | 70 |
| 71 | --- | 13 - 14 100 Breast | --- | 72 |
| 73 | --- | Open 100 Breast | --- | 74 |
| 75 | --- | 13 - 14 400 Medley Relay | --- | 76 |
| 77 | --- | Open 400 Medley Relay | --- | 78 |
| | | 10 minute warm-up | | |
| 79 | 6:09.39 | Open 400 Free * | 5:56.49 | 80 |

* The host team reserves the right to limit this event to 4 heats/top 24 swimmers

Sunday PM – Warm-ups will begin 15 minutes after conclusion of morning session.

The warm-up time will be posted at <http://www.lakeeriewimming.com/> by June 15th.

| Sunday Afternoon | | | | |
|-------------------------|-----|-----------------------------|-----|---------|
| Girls | | | | Boys |
| Event # | | | | Event # |
| 81 | --- | 8 & Under 200 IM | --- | 82 |
| 83 | --- | 9 & 10 200 IM | --- | 84 |
| 85 | --- | 11 - 12 200 IM | --- | 86 |
| 87 | --- | 10 & Under 100 Back | --- | 88 |
| 89 | --- | 11 - 12 100 Back | --- | 90 |
| 91 | --- | 8 & Under 50 Free | --- | 92 |
| 93 | --- | 9 & 10 50 Free | --- | 94 |
| 95 | --- | 11 - 12 50 Free | --- | 96 |
| 97 | --- | 10 & Under 100 Fly | --- | 98 |
| 99 | --- | 11 - 12 100 Fly | --- | 100 |
| 101 | --- | 8 & Under 50 Breast | --- | 102 |
| 103 | --- | 9 - 10 50 Breast | --- | 104 |
| 105 | --- | 11 - 12 50 Breast | --- | 106 |
| 107 | --- | 10 & Under 400 Medley Relay | --- | 108 |
| 109 | --- | 11 - 12 400 Medley Relay | --- | 110 |