



Swim Meet - Saturday, February 11, 2012

Hosted by Melrose

Gates Open 8:00am Warm-Ups 8:15am Meet Starts 9:00am

#1-100 Free: Ages 9-18	#7-200 Relay: 9-12, 13-18
#2-25 Back: Ages 10 and Under	#8-25 Breast: Ages 10 and Under
#3-50 Back: Ages 11-18	#9-50 Breast: Ages 11-18
#4-25 Free: Ages 8 and Under	#10-25 Fly: Ages 10 and Under
#5-50 Free: Ages 9-18	#11-50 Fly: Ages 11-18
#6-100 Free Relay: 8&Under	#12-100 IM: Ages 9-18

Each swimmer is encouraged to swim four events. The meet will be deck seeded; meaning events will be called and swimmers will be lined up according to age. Registration is \$10.00 cash or check payable to "Melrose" due the day of the meet.

Visit MelroseMakos.com/meets.html for meet updates.

Name _____ Gender _____ Age _____ Team _____

Event s _____ Email _____

Questions? Contact Melrose Head Coach Matthew Hill (602)451-8932 – lessons@melrosemakos.com

Melrose Pool (602)635-3363 11424 N. 30th St. Phx, AZ 85028



Swim Clinic

February 25, 2012
Hosted by Melrose

Featuring Arizona's Own
Olympic Gold-Medalist
Misty Hyman



All swimmers age 9-18 from all swim teams are invited to join us for the Arizona Centennial Swim Clinic on Saturday February 25th from 12:00-3:00.

We will cover all four strokes including starts and turns.

The clinic costs \$30 cash or check payable to “Melrose.” Registration is not due until the day of the swim clinic but we ask that you please email us at lessons@melrosemakos.com to let us know that we can plan on your attendance. We'll see you at the pool!

Name _____ Gender _____ Age _____ Team _____

Email _____

Questions? Contact Melrose Head Coach Matthew Hill (602)451-8932 – lessons@melrosemakos.com

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