

<b>Cascadia Swim Meet Schedule</b>		<i>(April- Aug)</i>					
<b>Long Course Season 2010</b>				<b>All Team</b>			
<b>Month</b>							
<b>Date</b>	<b>Meet Name</b>	<b>Type/Description</b>	<b>Where</b>	<b>Squad</b>	<b>Coach</b>	<b>Yes/No</b>	<b>Comments</b>
<b>April</b>							
16-18	LOSC Challenge	ABC/25Y/Split Format	Lake Oswego HS	all	Kim/Amy		
30-2	Weyerhauser Invite	ABC/50M	Albany HS	all	Kim		
<b>May</b>							
15	Hood River Spring Sprinter	ABC 25 Y	Hood River	all	Kim/Dave		
29-30	CRST Big Wave Decathlon-Pent.	ABC 50 M	Gresham (Mt Hood CC)	all	Kim/Amy		
<b>June</b>							
19-20	Mt Hood C Invite	C/25Y/Single Session	Gresham (Mt Hood CC)	Qualify	Amy		
18-20	Mt Hood LC AB Open	AB/50M/Split Format	Gresham (Mt Hood CC)	Qualify	Kim		
25-27	Ted Walker Invite	ABC/50M/Split Format	The Dalles	all	Kim		
<b>July</b>							
10-11	OSI 10&U State LC Champs	A /50M Single Session	Albany Hs	Qualify	Kim		
17-18	Mid Summer Madness Invite	ABC/25Y Single Session	Astoria	all	Kim		
29-1	OSI 11&O State LC Champs	A /50M Prelims/ Finals	Gresham (Mt Hood CC)	Qualify	Kim		
<b>Aug</b>							
6-8	Gold Coast Swim Team Open	ABC/25 Y	Coos Bay, Or	all	Kim		
Qualify meets- must have achieved a qualifying time to swim at these meets							
EX. C meets is all times slower than a B time; AB meet is all times with a B time or faster; A meets are all times with an A time or faster							
Please turn in your meet planner ASAP.							
Meet entries are typically sent out one month in advance if not sooner.							
If you need to make changes to your meet planner please turn in your revised copy to your coach ASAP.							
Please note what days you will be attending or any special circumstances (leave early or come late).							
If a meet is more than one day and you specify "Yes" you will be entered in all days qualified.							
<b>Comments:</b>							