Cascad	ia Swimming Meet Planne	(April- Sept)		Name:				
Long Co	urse Season 2018			Age:				
Month				Email: Athlete S & T				
Date	Meet Name	Type/ Description	Where	Squad	Coach	Yes/No	Yes/No	Comments
April								
6-8	LOSC Dan Perz Open	ABC/25Y Split Format	Lake Oswego	all	Kim/Dave			
20-22	Lincoln City April Invite	ABC/25M Single Session	Lincoln City	all	Kim/Dave			
May								
4-6	Arauco Invite	ABC/50M/split10&U,15&O/11-14	Albany	all	Kim/Dave			
12	Hood River Spring Sprinter	ABC/25Y/Single Session	Hood River	all	Kim/Dave			
26-27	MVA LC Open	ABC/50 M/Split 12&U/13&O	Albany	all	Kim/Dave			
June								
16-17	Mt Hood C Invite	C/25 Y/Single Session	Gresham (Mt Hood CC)	all	Dave			
22-14	Ted Walker Invitational	ABC /50M /Split Format	The Dalles	all	Kim			
July								
6-8	RACE Jay Rowen Memorial Open	ABC /25M/Single Session	Redmond	11 & O	Dave			
6-8	MHA LC Invite	ABC/50 M/ Split Format	Gresham (Mt Hood CC)	all	Kim			
6-8	Thunderbolt Summer Classic	ABC/50 M/ Split Format	Beaverton	all	Kim			Back up
14-15	OSI 10 & U State LC Champs	A/50 M/ Single Session	Albany	10 & U Qualify	Kim			
21-22	MVA End of Summer Finally	ABC /25 Y/Split Format	Woodburn	all	Kim/Dave			
26-29	OSI 11 & O State LC Champs	A/50 M/ Prelims/ Finals	Gresham (Mt Hood CC)	11 & O Qualify	Kim			
Aug								
3-5	GCST Big Kahuna Open	ABC/25 Y/ Single Session	Coos Bay	all	Kim/Dave			
10-12	Bend Invite	ABC/25 Y/ Split Session	Bend	all	Kim/Dave			
Short Co	urse Fall Preview	Dates are tenative						
Oct								
12-14	LOSC Fall Open	ABC/ 25Y	Lake Oswego					
26-28	CST Harvest Open	ABC/ 25Y	Newberg					
Nov								
10-11	OC Fall Sprinter	ABC/ 25M	Oregon City					
17-18	Fall Chinook Open	AbC/ 25Y	Astoria			<u> </u>		
Dec								
30-2	Thunderbolt Holiday Classic	ABC/ 25Y	Beaverton					
15-16	MVA Woodburn Open	ABC/ 25Y	Woodburn					