



# **Ceres Dolphins Swim Team**

## **2010 Swimmer Handbook**

**Our goal is to provide each swimmer with the tools they need to reach their full swimming potential. In doing this, the swimmer will learn basic swim strokes, team unity, sportsmanship, and most importantly, self confidence.**

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## **Welcome New & Returning Dolphin Families!**

As a member of the Board of Directors, I want to welcome all of our new and returning swimmers and families to the Ceres Dolphin Swim Team. This is the Dolphins 48<sup>th</sup> year as part of the Mid-Valley Swim League (MVSL) & we are glad you are committed to sharing this coming swim season with us.

MVSL has eight teams; Tracy Tritons, Ripon Sea Lions, Manteca Dolphins, Oakdale Gators, the “Seadogs” (formerly Hughson Seadogs), Modesto Sharks, Turlock... and the **Ceres Dolphins Swim Team**. Swim meets are on Saturdays starting Memorial Weekend and the season ends with the Championship Finals in late July plus we have a wrap-up family day with our awards banquet in late July/early August.

Swimming is truly a family event. You get to spend time with your immediate family members but you also become an integral part of the Dolphin family. We know that our families look forward to coming to practice & Saturday meets, so that we can see our *Dolphin family* members.

The governing board of the Ceres Dolphins will do everything it can to keep the swimmers & parents informed – we are here to help you and your kids. This handbook should answer most of your questions, but we have a great website that will have posted information, bulletins, schedule and maps to the venues, plus meet sign ups and results. Please call any one of the Board Members for assistance at any time. There will be at least one board member on the pool deck during practices. We have other means of communication, like our white board daily at the pool deck plus our “Dolphin Tales” newsletter will be published throughout the season, on a weekly basis starting in May.

Please familiarize yourself with the rules of the team and also the rules of the pool deck. Our head coach, Tracy Bull, will do everything in his power to keep order on the pool deck to keep your kids safe. Our #1 priority is safety and our coaches are all trained in CPR, first aid, and most of them are certified lifeguards by the American Red Cross. Please be mindful that you should not talk with the coaches during practice; please save your questions and comments to the “Coaches Corner”; time set aside for your questions and feedback every week.

We welcome you to the team! The experience is better if you are involved and the board expects that parents will volunteer throughout the year; we cannot run a swim meet without your help. Volunteers can assist with any number of jobs from ribbon labeling, computer assistance, hospitality, relay coordinator, stroke and turn judging (training provided), plus much more. A parent volunteer sign-up sheet will be available soon so get your spot early!

As a board, we want to do everything to make this a great experience for your kids. **Go Dolphins!  
And welcome to our Dolphin family!**

Sincerely,

Ceres Dolphins Swim Team  
Board of Directors

**2010 Board Members:**

President .....	Mike Braverman.....	209.341.9101
President Elect .....	Vacant.....	n/a
Vice-President .....	Steve Gunzenhauser.....	209.518.1553
MVSL League Rep .....	Lynn Bull .....	209.604.6007
Treasurer.....	Natalie Estermann.....	209.538.0399
Secretary .....	Mike Zizzo .....	209.604.1398
Historian .....	Justin Shinn.....	209.604.0451
Head Coach.....	Tracy Bull.....	209.613.8375
Dolphins Email address .....		<a href="mailto:ceresdolphin@yahoo.com">ceresdolphin@yahoo.com</a>
Dolphins website.....		<a href="http://www.ceresdolphins.org">www.ceresdolphins.org</a>

Please feel free to make contact with any Board Member at any time. We have an “open door policy” and will be happy to assist whenever you need assistance. We do ask that you hold your questions to the coach until after the swimmers have left the pool. ***The eyes and ears of the coach need to be attentive to the swimmers at all times.***

**Swim Season Information**

**Pre-Season:**

All new swimmers are required to swim during pre-season, starting April 1<sup>st</sup> & running through April 9<sup>th</sup>. The pre-season allows the coaching staff a more intense period of instruction with the new swimmers. This is also a time for the swimmer to make sure that swimming is what they want to do. During this pre-season time, the coaches will be working with the swimmers on the four strokes used for competition, as well as turns & dives, if time permits. The staff will evaluate each swimmer to determine their readiness for competition. Occasionally, a swimmer may not meet the minimum skill level required & will be asked to work on the skills he has learned & attend pre-season again next year. After pre-season is done, the swimmers are assigned to a practice group & will join the returning swimmers on Monday, April 12<sup>th</sup>.

**Regular Practice Sessions:**

The swimmers are assigned to a practice group. Unless arranged with the coach in advance, the swimmer is not to swim at different times or change time slots. There are RARE occasions where

practice is canceled *without prior notice*. Unfortunately, on these occasions it is impossible to notify all swimmers in a timely fashion, although we will attempt to do so. Notices will be posted online so check the website before coming to the pool. A notice will also be posted at the pool gate so please do not drop you swimmer(s) off without checking for a notice of cancellation.

Please make an effort to be on time for practice, as our pool time is very limited and practice groups overlap. When one set of kids is finishing their work, the next set of swimmers are warming up in the deep end of the pool. In addition, parents should pick up their children promptly at the end of practice. Coaches should not be relied upon to get your swimmer(s) to/from practices as this is a liability to the team. *In addition, practice times will change during the year.* Further information will be distributed when pool times are finalized with the City of Ceres.

### **Swimming Eligibility:**

Anyone who has not reached his/her 19<sup>th</sup> birthday by April 1<sup>st</sup> is eligible to swim. A swimmer may move up if his/her birthday occurs during the season (after April 1<sup>st</sup>), but it is not mandatory to do so. If the swimmer moves up, he/she must swim "up" the remainder of the swim season.

Swimmers need to have basic swimming skills & must be able to swim one length of the pool safely & not be afraid to put their face in the water. The swimmers are taught the four basic swimming strokes: butterfly, breaststroke, backstroke, & freestyle.

In order to remain eligible to swim in the Mid Valley Swim League, a swimmer may not practice with, nor swim for, any other swim team from November 1<sup>st</sup> through March 31<sup>st</sup>. *Swimmers who participate in high school swim or water polo programs will be granted an exception to this rule.*

### **Pool Rules:**

1. Swimmers are to exhibit pool safety standards. Basic rules will be enforced at all times and will be reviewed with the swimmers at the beginning of the year. Please review these with your child.
2. Swimmers are not to enter the pool without a coach/lifeguard present.
3. The use of profanity or verbal abuse toward another swimmer or coaching staff will not be tolerated. This includes both the swimmer & the parents. If this occurs, the swimmer &/or parent will be asked to leave that practice or meet. If this occurs repeatedly, the swimmer will not be allowed to remain a member of the Ceres Dolphins Swim Team.
4. Respect other swimmers from our team & other swimmers from all teams. Sportsmanship is an honorable trait.
5. Unsportsmanlike conduct from the swimmer or parents can lead to disqualification at the meets. Repeated unsportsmanlike conduct from either the swimmer or parent is grounds for dismissal from the team.
6. Swimmers should respect the coaching staff & listen to their instruction. Swimmers are not to be playing in the lanes during practice or hanging on the lane lines.

### **Time Trials:**

Time trials are the first part of May (exact times will be announced when pool times are finalized). Time trials are held to give the coaches an opportunity to evaluate a swimmer's ability to perform in a swim meet atmosphere. Times at time trials will be used to seed the swimmer for the Tracy Invitational swim meet. Subsequent meets are seeded by best times throughout the season. This time trials mini-meet

also gives the parents and swimmers an idea of what to expect during actual meets, as we run time trials like a swim meet. It is highly recommended that swimmers attend time trials. Clear it with the coaching staff if you will not be in attendance that day.

### **Fundraising:**

Each swim family is expected to participate in all fundraising activities. The proceeds from these events help keep registration costs down, as well as purchase equipment & pay for miscellaneous swim team expenses. We have multiple small fundraisers (i.e. candle sales, coffees, etc.) but we have two major fundraisers for the swim year:

- **Omelet Breakfast:** We are excited to have our 17<sup>th</sup> annual omelet breakfast at Walter White School on Sunday, May 2<sup>nd</sup>, during the Ceres Street Faire. Please make sure you sign up for at least one shift to help and work at this event & also you're expected to sell 10 tickets. The Omelet Breakfast is always great fun & is both a fundraiser and a "friend"-raiser for the team.
- **Fireworks Booth:** The fireworks booth is by far our biggest fundraiser of the year. We have a great spot for the booth, in the CVS Drug Store parking lot on the corner of Hatch and Richland Avenues. Plan to sign up to work at this event as it is a lot of fun, very easy to do, & really helps the Dolphins team! Sign ups will be posted at the pool deck in June. The fireworks booth will be open from approximately June 27<sup>th</sup> to July 4<sup>th</sup>.

### **Swim Team Apparel:**

Swimmers need to provide their own swimming apparel. Team suits are *highly encouraged* but not required. We suggest team suits not be used for practice. Inexpensive suits for practice can be purchased at any retailer. The reason why you don't want to wear your team suit to practice is that the elements such as chlorine, sun, concrete, etc. will wear away at the quality of your suit and will break down the material much quicker than if you were just wearing your suit to meets.

The Board tries to hold down the cost of the team suit so that it's more affordable for all of the team members. We try to keep the suits below \$50/suit for a female suit and male suits will run between \$28 for briefs and \$35 for jammers (long shorts). We will have one specific swimsuit vendor available to provide team suits; the suits & accessories will be available at a competitive price. This vendor will have a sizing kit on site for your convenience to order your swimmer a suit. Our swimsuit vendor will be Agon Swim ([www.agonswim.com](http://www.agonswim.com)) and more information will be available at a later date on the design and ordering of the team swimsuits.

### **Swim Meets:**

All swim meets begin promptly at 8:00 AM, & are scheduled starting the Memorial Day weekend (Sat/Sun), & Saturdays through July. We have one bye week during the season and that is the 4<sup>th</sup> of July weekend. See the section titled "check in and warm up information", as check-in is prior to 8:00 AM.

**Dual meets** are with two teams competing; **tri-meets** are with three teams competing against each other. There are no additional fees to compete in meets, as this cost is part of our regular swim sign up cost. These meets usually last between 5-6 hours.

**Invitational meets** are meets with all MVSL teams competing & usually last all day (these are really long days so be prepared for this). The Tracy Invitational and, this year, the Oakdale Invitational are 2-day events & last all day both Saturday and Sunday. These two events may start later than 8:00 so check the website/newsletter to confirm the exact start times.

**Championships** are an event where qualifying swimmers from all teams in the MVSL compete against each other. To qualify to swim in the Championship meet, a swimmer must have competed in at least two individual events in at least four MVSL meets (this includes invitational meets). There are no additional fees for championships. Relays will be swum at the final championship event.

**Check in & warm up:**

Swimmers must check in the day of the meet at 6:45 AM. This may vary for invitational check in so make sure you watch the newsletter for any details closer to each invitational. After 7:30 AM, a swimmer will be scratched from the entire day's events if they have not checked in by 7:30 AM. This is especially true of invitational meets so please make it a point to *be there on time!* It is your responsibility to be there on time but if something unforeseen comes up and you are on your way but will be late (i.e. a flat tire on the way), contact Coach Tracy (209.613.8375) or any of the other coaching staff to let him/her know that you will be late. After checking in, swimmers need to warm up; be sure to locate your coach for warm up instructions on the day of the meet. When at all possible, check in and warm up times will be posted on the website in advance of the meet. Always use the website as your last point of contact for the last minute details.

**Age groups:**

Swimmers are divided into age groups & boys/girls for competition: 6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, & 17-18. Swimmers will swim for the age group in which they fall into on April 1<sup>st</sup>. If the swimmer has a birthday after April 1<sup>st</sup>, that swimmer may move up into the next age bracket, but it is not mandatory to do so. If the swimmer moves up, he/she must swim up the remainder of the season.

A swimmer may compete in three (3) individual events per day, and two (2) relay events (Tracy and Oakdale Invitational's are different). A swimmer may move up two age groups for relays only, as designated by the coach and a swimmer must swim in his/her own age group for individual events. The only meets that a child may swim in more than three individual events is at the Tracy and Oakdale Invitational's, where you child can potentially swim in all events. Your Coach may change your events after discussing your progress with you, so be open minded to suggestions from the coaching staff on what you should swim at the meets.

**Team Points:**

Scoring will be the same for dual & tri meets. Points will be awarded through six (6) places in individual & relay events will be tallied as follows:

	<b><u>Individual</u></b>	<b><u>Relays</u></b>
1 <sup>st</sup> .....	7	8
2 <sup>nd</sup> .....	5	5
3 <sup>rd</sup> .....	4	3 (tri only)
4 <sup>th</sup> .....	3	
5 <sup>th</sup> .....	2	
6 <sup>th</sup> .....	1	

If the pool has eight (8) lanes, then scoring will be through 8<sup>th</sup> place.

Championship points: points through eight (8) places in individual & relay events will be awarded as follows:

	<u>Individual</u>	<u>Relays</u>
1 <sup>st</sup> .....	9 .....	16
2 <sup>nd</sup> .....	7 .....	14
3 <sup>rd</sup> .....	6 .....	12
4 <sup>th</sup> .....	5 .....	10
5 <sup>th</sup> .....	4 .....	8
6 <sup>th</sup> .....	3 .....	6
7 <sup>th</sup> .....	2 .....	4
8 <sup>th</sup> .....	1 .....	2

**Awards:**

At dual or tri-meets: ribbons will be awarded through 6<sup>th</sup> place, or 8<sup>th</sup> place in an eight lane pool.

At Invitational's: medals will be awarded for first through third places; ribbons for fourth through eighth. Individual high point trophies will be awarded for each age group; team awards will be awarded for first through third place teams.

Participation ribbons will be given to all swimmers; heat winner awards will be given to all heat winners. If there is a tie for 1<sup>st</sup> place, the tie will stand and 2<sup>nd</sup> place will not be awarded.

After championships, the Ceres Dolphins Swim Team will host an awards and family day at the Ceres High School pool. Recognition awards are given out at that time (i.e. most improved, high point, etc.). High point awards are given for each age group for boys & girls. Every child gets a trophy for participating on the team.

**Meet Sign Ups:**

Each swimmer will need to sign up if he wishes to participate in each meet. Meet sign ups sheets will be circulated in a binder at the pool during practices or online. Please sign up for all meets. If you will not be there at any given meet, designate in the binder that you will not be at the meet. The binders will be separate for boys and girls, and the swimmers are sorted alphabetically. A swimmer may enter into a maximum of three individual events per meet. The exceptions to this rule are the Tracy and Oakdale Invitational's where a swimmer may swim in all events at these meets only. The coaches assign swimmers into the relay teams. The coaching staff will review the races that the kids have chosen and the coaches have the final decision on the strokes that a swimmer will swim.

If you are unable to attend a meet, please mark the sign up book or notify your coach as soon as possible. The coaching staff works very hard to put together competitive relay teams. If the coaches are not aware you will not be at a meet, it is difficult to tell three other swimmers that they cannot swim a relay event because you did not show up. It is your responsibility to make sure the coach knows you will not be at a meet! Relay events are important to all members of the team.

### **What to bring to meets:**

Swimsuit, goggles, towels, warm clothes (i.e. sweats, robes) for early morning as it is sometimes cold in the mornings, slip on shoes, sunscreen, water, healthy snacks, tents/sun shades, lawn chairs, sleeping bags, games, books, ponytail holder for long hair. A concession stand is available at all meets. **It is also a good idea to mark you name on everything you bring with a permanent marker.** Please do not bring glass containers, squirt guns, BBQ's. *Alcohol & tobacco are not allowed on any school premises.* Do not bring anything valuable to the meet, as things get lost or misplaced and it is not the responsibility of the team to replace these items; these items are your responsibility.

### **Relay Coordinator:**

Swimmers are responsible for making it to their races on time. There will be relay coordinators assigned to every age group & they will have the relay assignments. Relay coordinators names will appear on the website so please note who your child's relay coordinator is. **Do not leave a meet without notifying your coach!** The coaches have worked hard on putting together these teams and you are also letting down three other team members when you leave early. Notify the coach when you know you are leaving early so the coaches have enough time to move the relay teams around for a viable relay alternative. The coaches will do their best to form a relay for every age bracket. Sometimes there are not enough swimmers to make up a relay team. In this instance, the coach may move swimmers up from lower age brackets to form a relay team. A swimmer can only move up two age groups (for relays only).

### **Parents' Responsibilities:**

Parents are needed in many ways to help the team during meets & fund raising activities. ***Swimmers swim, coaches coach, & the rest is up to the parents.***

The continued success of the Ceres Dolphins Swim Team is based on several factors. One of the most important factors is parent participation and volunteering. There have been many discussions on parent participation by the Board of Directors; our ultimate goal at every meet is 100% parent participation.

**Each family is required to volunteer a minimum of 1-two hour shift per meet at a regular swim meet and 1-two hour shift per day at an invitational.** We will use the time trials in May as a learning tool to learn the basic skills of our volunteer positions. Start thinking about the volunteer job you would like to help with. A few of the volunteer positions available are:

- Starter
- Timer
- Stroke & Turn Judge
- Team or Meet Manager software (computer assistance)
- Verification of races
- Card runner
- Colorado system operator (computer to update race and heat numbers)
- Ribbon writer
- Posting of heat/lane assignments and posting of results
- Concessions and/or hospitality
- Set up and take down
- General back up person

Note: If your child is not swimming at a particular swim meet, you would not be required to volunteer to work at that meet. Volunteer signups will be talked about at the parent meeting in April.

Parents are not allowed on the pool deck during practice, unless specifically requested by the coach.

Parents should aid the swimmer's efforts to improve by bringing & picking up him/her to practice regularly & on time.

Please keep comments to all children at meets positive & encouraging, especially if your swimmer has a poor performance. His/her coach will be aware of his performance & make necessary corrections with the swimmer at practice.

**Remember that all protesting of results should come from the coaches, team President, or league representative – not from the parents.** This protest should be submitted to the meet referee or meet director in writing. *Please do not take these matters into your own hands.*

### **Swimmers' Responsibilities:**

The major responsibility of the swimmer is to participate wholeheartedly in both workouts & competition. Consistent participation will produce a sense of self-confidence, personal accomplishment, good health, & many good friends. Please come to practice ready for your workout, with a positive attitude. Even though swimming is made up of individual races, we are at the meet as a team, so please act like a team.

### **Stroke Reminders:**

Disqualification (DQ) is a part of swimming. If the swimmer is DQ'ed from a race, the swimmer can still finish the race; the results are unofficial, & the swimmer will not "place" in the race; any points that could have been earned do not count toward the total team score. Please remember that disqualification protests should only come from coaches, the team President, or league representative.

To make this a better experience, remind the kids that the DQ slip is a learning tool, for both the swimmer & the coach. Everyone gets a DQ slip at one time or another. The coach & the swimmer will review DQ slips at practices after a meet. Make sure that if the swimmer gets a DQ slip, he takes this to the coach after a race.

Remember that we swim in yard and meter pools. The yard/meter conversion for all distances is:  
Meter time = Yard time (seconds) x 1.1. To convert yard time: Yard time = Meter time (seconds) / 1.1.  
We will swim in 6- and 8-lane pools, so we adapt accordingly.

In addition, we may use a technique called a "fly-over start" or a "dive-over start". This start is when a heat is started while the previous heat is hanging on the wall, instead of waiting until all swimmers have cleared the pool. Fly-overs allow the swimmers a little more time to clear the pool while the next heat is started. It also speeds up the meet by about 30 seconds per heat. Swimmers in next heat will be sent to the blocks while the first heat is in the water; as soon as the last swimmer in the first heat finishes, the starter gives the "Take your Mark" command, and then starts the heat. Once the second heat is off and racing, the first heat swimmers will clear the pool.

Below are various tips, which may help the swimmer swim a legal race.

Backstroke:

- Don't turn on your stomach, except for flip turns;
- Continued motion must be present in the backstroke turn.

Breaststroke:

- Two hand touch is always required;
- A single dolphin kick to be followed by a breaststroke kick is permitted after the start & each turn while the swimmer is completely submerged.
- Underwater pull must contain a full arm pull, a full up/out/together leg kick, & the hands must join together & not separate until the water surface is reached. Head must break water before arms/hands are shoulder width apart;
- Up/out/together leg kicks...not scissors kicks;
- The arms should never exceed a half-circle pull.

Butterfly:

- Two hand touch is always required;
- Underwater dolphin kick distance is limitless, but the smart swimmer surfaces when he finds himself gliding slower than the surface stroke allows;
- Legs/knees/feet should not break their closeness & cannot kick at opposing intervals/times. No scissor kick;
- Shoulder/arms/elbows need to fully exit the water surface each pull.

Of course...

- Never touch the bottom of the pool;
- Never leave the starting block until you hear the signal to do so;
- Never stop during a race & ask your coach, "what?"
- Never breath once you approach the solid coloring of the lane rope;
- Never breathe more than you need to. Ideal breathing is every 3<sup>rd</sup> stroke;
- Never attempt or practice something new at a swim meet (starts, turns, etc);
- During a relay, you cannot leave the starting block until your teammate touches the wall.

Parents: try to review these basic principles with your child a few times a week. It can sometimes be confusing & overwhelming, especially to new swimmers, but with practice, it will become simple & second nature.

**Meet Schedule**

The following schedule outlines the meets for the 2010 swim season. We also publish a loose-leaf calendar for all upcoming events. Refer to your calendar and the website ([www.ceresdolphins.org](http://www.ceresdolphins.org)) often as this will be updated and distributed accordingly.

<b><u>Date</u></b>	<b><u>Meet</u></b>	<b><u>Host</u></b>
May 29–30 <sup>th</sup> :	Tracy Invitational	Tracy
June 5 <sup>th</sup> :	Ceres vs. Tracy	Ceres
June 12-13 <sup>th</sup> :	Oakdale Invitational	Oakdale
June 19 <sup>th</sup> :	Ceres vs. Oakdale	Ceres
June 26 <sup>th</sup> :	Seadogs Invitational	Seadogs (Pitman HS)
July 3 <sup>rd</sup> :	Bye week	N/A
July 10 <sup>th</sup> :	Ceres vs. Manteca & Ripon	Manteca
July 17 <sup>th</sup> :	Ceres vs. Modesto & Turlock	Modesto (Johansen)
July 24-25 <sup>th</sup> :	Championships	Pitman HS, Turlock

Note: changes may occur to the schedule; periodic updates will be posted online at [www.ceresdolphins.org](http://www.ceresdolphins.org).

On page 10, there are maps to the various meet locations. Maps will be published in the newsletter and on the website every week with directions to the various pool areas. The following maps are guides to the general areas where we will be swimming.

## **ORDER OF EVENTS FOR STANDARD MEETS:**

Tracy & Oakdale Invitational's will swim in a different order

54	6u Mixed 100 Medley Relay	1	6U Girls 25 Back
55	7-8 Girls 100 Medley Relay	2	6U Boys 25 Back
56	7-8 Boys 100 Medley Relay	3	7-8 Girls 25 Back
57	9-10 Girls 200 Medley Relay	4	7-8 Boys 25 Back
58	9-10 Boys 200 Medley Relay	5	9-10 Girls 50 Back
59	11-12 Girls 200 Medley Relay	6	9-10 Boys 50 Back
60	11-12 Boys 200 Medley Relay	7	11-12 Girls 50 Back
61	13-14 Girls 200 Medley Relay	8	11-12 Boys 50 Back
62	13-14 Boys 200 Medley Relay	9	13-14 Girls 50 Back
63	15-18 Girls 200 Medley Relay	10	13-14 Boys 50 Back
64	15-18 Boys 200 Medley Relay	11	15-16 Girls 50 Back
65	9-10 Girls 100 IM	12	15-16 Boys 100 Back
66	9-10 Boys 100 IM	13	17-18 Girls 50 Back
67	11-12 Girls 100 IM	14	17-18 Boys 100 Back
68	11-12 Boys 100 IM	15	6U Girls 25 Breast
69	13-14 Girls 100 IM	16	6U Boys 25 Breast
70	13-14 Boys 100 IM	17	7-8 Girls 25 Breast
71	15-16 Girls 100 IM	18	7-8 Boys 25 Breast
72	15-16 Boys 100 IM	19	9-10 Girls 50 Breast
73	17-18 Girls 100 IM	20	9-10 Boys 50 Breast
74	17-18 Boys 100 IM	21	11-12 Girls 50 Breast
75	6U Girls 50 Free	22	11-12 Boys 50 Breast
76	6U Boys 50 Free	23	13-14 Girls 50 Breast
77	7-8 Girls 50 Free	24	13-14 Boys 50 Breast
78	7-8 Boys 50 Free	25	15-16 Girls 50 Breast
79	9-10 Girls 50 Free	26	15-16 Boys 100 Breast
80	9-10 Boys 50 Free	27	17-18 Girls 50 Breast
81	11-12 Girls 100 Free	28	17-18 Boys 100 Breast
82	11-12 Boys 100 Free	29	6U Girls 25 Free
83	13-14 Girls 100 Free	30	6U Boys 25 Free
84	13-14 Boys 100 Free	31	7-8 Girls 25 Free
85	15-16 Girls 100 Free	32	7-8 Boys 25 Free
86	15-16 Boys 100 Free	33	9-10 Girls 50 Free
87	17-18 Girls 100 Free	34	9-10 Boys 50 Free
88	17-18 Boys 100 Free	35	11-12 Girls 50 Free
89	6U Girls 25 Fly	36	11-12 Boys 50 Free
90	6U Boys 25 Fly	37	13-14 Girls 50 Free
91	7-8 Girls 25 Fly	38	13-14 Boys 50 Free
92	7-8 Boys 25 Fly	39	15-16 Girls 50 Free
93	9-10 Girls 50 Fly	40	15-16 Boys 50 Free
94	9-10 Boys 50 Fly	41	17-18 Girls 50 Free
95	11-12 Girls 50 Fly	42	17-18 Boys 50 Free
96	11-12 Boys 50 Fly	43	6U Mixed 100 Free Relay
97	13-14 Girls 50 Fly	44	7-8 Girls 100 Free Relay
98	13-14 Boys 50 Fly	45	7-8 Boys 100 Free Relay
99	15-16 Girls 50 Fly	46	9-10 Girls 200 Free Relay
100	15-16 Boys 100 Fly	47	9-10 Boys 200 Free Relay
101	17-18 Girls 50 Fly	48	11-12 Girls 200 Free Relay
102	17-18 Boys 100 Fly	49	11-12 Boys 200 Free Relay
		50	13-14 Girls 200 Free Relay
		51	13-14 Boys 200 Free Relay
		52	15-18 Girls 200 Free Relay

## Maps

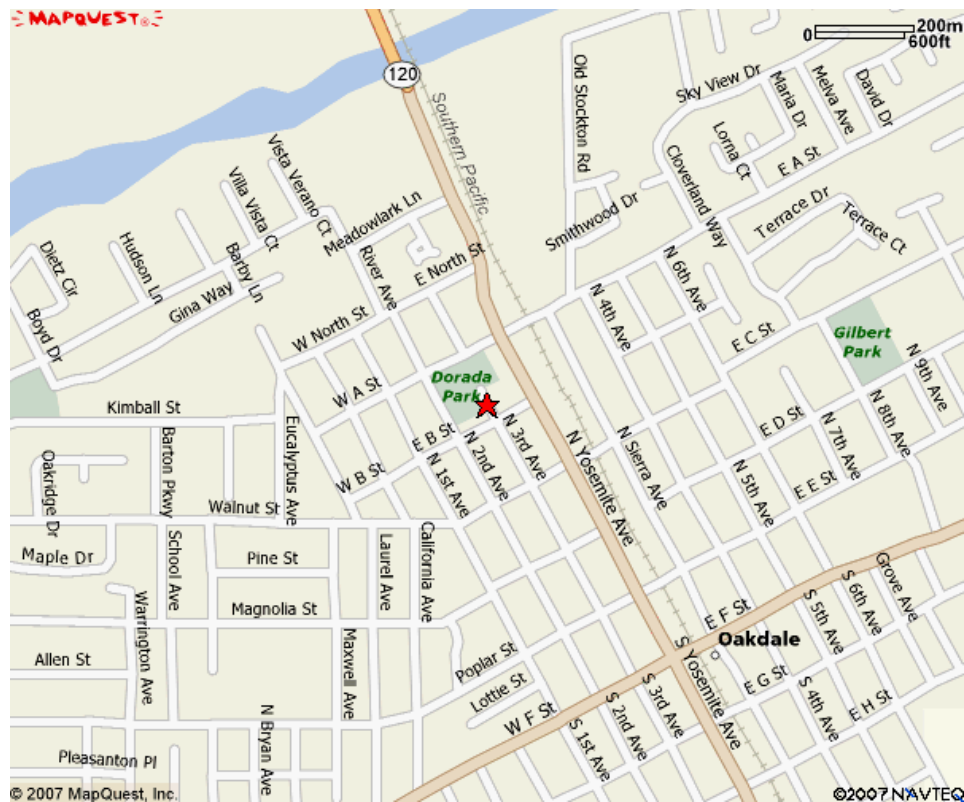
### Tracy Invitational – John C. Kimball High School, 3200 Jaguar Run, Tracy, CA 95377

**From Modesto:** Take Highway 132 west. At Highway 33, turn right (northwest). Highway 33 crosses Interstate 5. At W. Linne Road, turn left (west) and follow it to Lammers Road. Turn right (north) on Lammers Road. Proceed north on Lammers Road to Jaguar Run. School is at the corner of Jaguar Run and Lammers Road.

*Map not available at the time of printing*

*Will be available online and also in the newsletter closer to the meet date.*

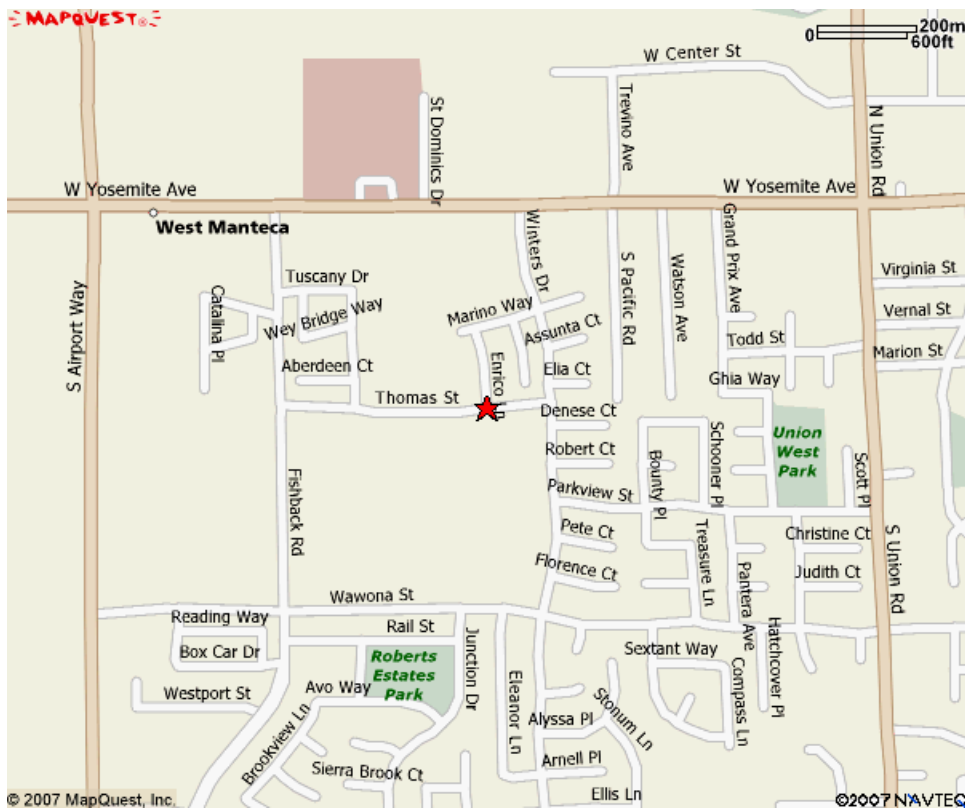
### Oakdale – Royce Memorial Swimming Pool, 555 N. 3<sup>rd</sup> Avenue, Oakdale (corner of Yosemite & A Streets)



**Seadogs (Hughson), Turlock High School, 1574 E. Canal Drive, Turlock  
(pool is on Berkeley & Canal Drives)**



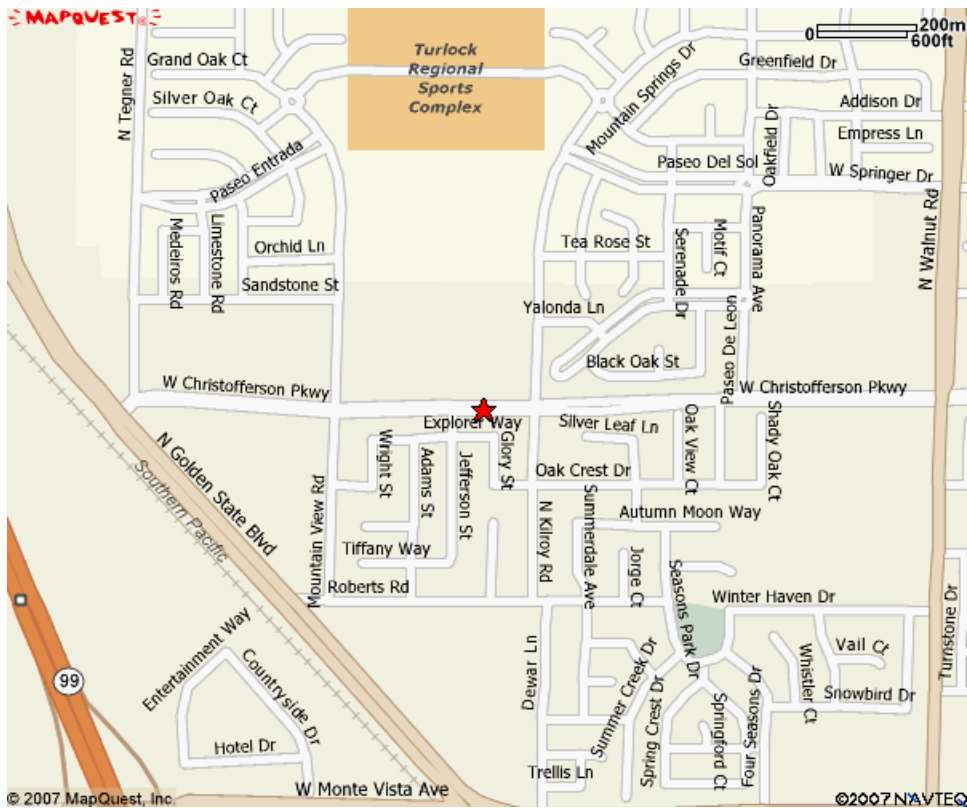
**Manteca – Sierra High School, 1700 Thomas Street, Manteca, CA 95337**



**Ceres vs. Modesto & Turlock, Johanson High School, 641 Norseman Drive, Modesto (corner of Claus Road & Norseman)**



**Championships – Pitman High School  
2525 W. Christofferson Parkway, Turlock, CA 95380**



**Progress pages – Tracy Invitational**

**Tracy Invitational – Day 1**

Swimmer Name:	Race:	Time:

**Tracy Invitational – Day 2**

Swimmer Name:	Race:	Time:

**Progress pages – Tracy Dual Meet & Oakdale Invitational**

**Ceres vs. Tracy**

Swimmer Name:	Race:	Time:

**Oakdale Invitational**

Swimmer Name:	Race:	Time:

**Progress pages – Oakdale Dual Meet & Seadogs Invitational**

**Ceres vs. Oakdale**

Swimmer Name:	Race:	Time:

**Seadogs Invitational**

Swimmer Name:	Race:	Time:

**Progress pages – Manteca/Ripon & Modesto/Turlock**

**Ceres vs. Manteca & Ripon**

Swimmer Name:	Race:	Time:

**Ceres vs. Modesto & Turlock**

Swimmer Name:	Race:	Time:



Season Notes:



