

Event List

Event #	Event Description
1	Girls 8 & Under 100 Medley Relay
2	Boys 8 & Under 100 Medley Relay
3	Girls 9-10 200 Medley Relay
4	Boys 9-10 200 Medley Relay
5	Girls 11-12 200 Medley Relay
6	Boys 11-12 200 Medley Relay
7	Girls 13-18 200 Medley Relay
8	Boys 13-18 200 Medley Relay
9	Mixed 19 & Over 200 Medley Relay
11	Girls 8 & Under 100 Freestyle (2 x 50) Relay
12	Boys 8 & Under 100 Freestyle (2 x 50) Relay
13	Girls 9-10 200 Freestyle (2 x 100) Relay
14	Boys 9-10 200 Freestyle (2 x 100) Relay
15	Girls 11-12 200 Freestyle (2 x 100) Relay
16	Boys 11-12 200 Freestyle (2 x 100) Relay
17	Girls 13-18 200 Freestyle (2 x 100) Relay
18	Boys 13-18 200 Freestyle (2 x 100) Relay
19	Mixed 19 & Over 200 Freestyle (2 x 100) Relay
21	Girls 8 & Under 200 Medley (2 x 100) Relay
22	Boys 8 & Under 200 Medley (2 x 100) Relay
23	Girls 9-10 200 Medley (2 x 100) Relay
24	Boys 9-10 200 Medley (2 x 100) Relay
25	Girls 11-12 200 Medley (2 x 100) Relay
26	Boys 11-12 200 Medley (2 x 100) Relay
27	Girls 13-18 200 Medley (2 x 100) Relay
28	Boys 13-18 200 Medley (2 x 100) Relay
29	Mixed 19 & Over 200 Medley (2 x 100) Relay
31	Girls 8 & Under 50 Butterfly (2 x 25) Relay
32	Boys 8 & Under 50 Butterfly (2 x 25) Relay
33	Girls 9-10 100 Butterfly (2 x 50) Relay
34	Boys 9-10 100 Butterfly (2 x 50) Relay
35	Girls 11-12 100 Butterfly (2 x 50) Relay
36	Boys 11-12 100 Butterfly (2 x 50) Relay
37	Girls 13-18 100 Butterfly (2 x 50) Relay
38	Boys 13-18 100 Butterfly (2 x 50) Relay
39	Mixed 19 & Over 100 Butterfly (2 x 50) Relay
41	Girls 8 & Under 150 Backstroke (3 x 50) Relay
42	Boys 8 & Under 150 Backstroke (3 x 50) Relay
43	Girls 9-10 150 Backstroke (3 x 50) Relay
44	Boys 9-10 150 Backstroke (3 x 50) Relay
45	Girls 11-12 150 Backstroke (3 x 50) Relay
46	Boys 11-12 150 Backstroke (3 x 50) Relay
47	Girls 13-18 150 Backstroke (3 x 50) Relay
48	Boys 13-18 150 Backstroke (3 x 50) Relay
49	Mixed 19 & Over 150 Backstroke (3 x 50) Relay
51	Girls 8 & Under 150 Breaststroke (3 x 50) Relay
52	Boys 8 & Under 150 Breaststroke (3x 50) Relay
53	Girls 9-10 150 Breaststroke (3 x 50) Relay
54	Boys 9-10 150 Breaststroke (3 x 50) Relay
55	Girls 11-12 150 Breaststroke (3 x 50) Relay
56	Boys 11-12 150 Breaststroke (3 x 50) Relay
57	Girls 13-18 150 Breaststroke (3 x 50) Relay
58	Boys 13-18 150 Breaststroke (3 x 50) Relay
59	Mixed 19 & Over 150 Breaststroke (3x 50) Relay
61	Girls 5 & Over 400 Freestyle (25+50+75+100+150) Relay (Each leg of the race will be from a different age division, starting with 8 and under in the 25 yards, etc.)
62	Boys 5 & Over 400 Freestyle (25+50+75+100+150) Relay (Each leg of the race will be from a different age division, starting with 8 and under in the 25 yards, etc.)

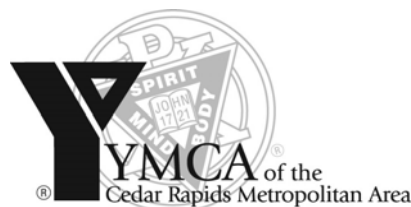
Saturday, March 13th 2010

Warm-ups: 12:00 pm

Meet Start: 1:00 pm

All entries should be post-marked or submitted electronically by Monday, March 8th.

More event details may be found at www.spstingrays.org



Mail Entries to:

Stoney Point YMCA
300 Stoney Point Rd SW
Cedar Rapids, IA 52404

Point of Contact:

CJ Hoffman
Phone: 319-390-3488
Fax: 866-390-9142



**Brett Henderson Memorial Relays
To Benefit the Strong Kids Campaign at
the Cedar Rapids Metro YMCAs**

**Saturday,
March 13th
2010**

*WE BUILD
STRONG KIDS,
STRONG FAMILIES,
STRONG COMMUNITIES*

Tel: 319-390-3488



At the YMCA, when we say, "for all," we really mean it. Due to the generosity of many local donors, the YMCA strives to never turn anyone away due to an inability to pay. Through the Strong Kids Campaign, individuals and businesses in the community ensure that every child can be a part of the YMCA. Dollars raised impact thousands of lives in our area by providing scholarships to those in need. Last year, the YMCA of the Cedar Rapids Metropolitan Area offered nearly a million dollars in financial assistance to deserving youth, individuals and families to ensure participation in all YMCA programs. The 2010 goal for the Strong Kids Campaign is \$150,000. Every penny of your contribution will help immerse a deserving child or family in the YMCA's world of positive values and guidance.

The proceeds from this event will be donated in honor of Brett Henderson to the Strong Kids Campaign so that every child has the possibility of joining YMCA programs.

Brett Henderson

The late Brett Henderson was a key parent volunteer for the Stoney Point YMCA Stingrays swim team. Brett took on the important role of mastering the timing system software and running that software during summer and winter home swim meets. His youngest daughter, Sydney, was a member of the Stingrays from 2005-09. Brett enjoyed cheering on Sydney and all the Stingrays during their competitions.

As a youth, Brett participated in many YMCA activities including wrestling, Indian Guides, and Camp Wapsie. His two daughters have enjoyed many YMCA sports such as swimming, t-ball, soccer, softball, volleyball, Camp Wapsie, and Teen Leaders. Brett also volunteered his time to coach his daughters' YMCA softball and soccer teams.

Brett, the youngest captain in the history of the Cedar Rapids Fire Department, passed away from cancer in January 2008. In honor of his life-long commitment to YMCA youth sports, the Stingrays dedicate the Strong Kids Relays to him.

Prizes:

This relay meet will be scored, and not only will the top swimmers from each event win a custom medal, the winning team will have the chance to take both a trophy and a cash prize to be donated to the YMCA scholarship fund of their choice. Events will be scored through twelve places, and each team will be limited to 3 entries per event.

(As the meet host, the Stoney Point Stingrays will be ineligible to win the trophy and cash prize, but its swimmers will remain eligible to win events and the meet)

Attention Club and Masters Swimmers & Coaches:

While we encourage all swimmers and swim clubs to compete as a team under their own banner (that can certainly include parents and coaches!), we ask that all non-YMCA affiliated swimmers and/or clubs to designate a YMCA association to be the beneficiary of any cash prize. To submit entries using an SD3 or HY3 file, please request an event list from CJ Hoffman at hoffman@crmetroymca.org.

Meet Entry Form

Name _____		Meet Fees:
Address _____		Individual Swimmer Fee=\$5
_____		Splash Fee=\$3 (per individual/per event)
_____		Max of 4 events/swimmer. Max of 3 entries/event/team.
YMCA Affiliation _____		
Phone _____		
Date Of Birth _____		

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