

LUCK 'O THE MASTERS'
TRI-MEET
Oakwood Athletic Club/Orinda Aquatics/Orinda Country Club
Sunday, March 20, 2011



Location: Orinda Country Club Pool, 315 Camino Sobrante, Orinda

Parking: Enter the OCC parking lot across from the tennis courts, stay left and turn left down the hill at the left corner of the Clubhouse. Drive down and curve right (pool will be on the left) and continue to a wide open pool parking lot.

Course: Outdoor, 25 yard, 6 lane pool. Limited pool area for warm up and cool down before and after races

Time: Warm-ups from 7:30 - 8:45am. Meet starts at 9:00am

Check in: Check in upon arrival. All events deck seeded. The meet will be seeded slowest to fastest. Women's and Men's events may be combined where practical.

Entries: Swimmers are limited to 4 events

Fees: \$10 splash fee per swimmer, checks payable to Amy Ruegg

Deck/Late Entries: In order to make the meet run smoothly, please fill out the consolidated entry form and mail it in. Deck entries will be allowed, but it's more efficient to have most entries entered into the system before the day of the meet

Mail Entries to: Amy Ruegg, 1229 Rose Lane, Lafayette, CA 94549

Entry Deadline: Entries need to be received by March 14th

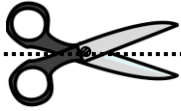
Refreshments: Light breakfast items, coffee and juice available for purchase

Post Meet Celebration: Join us for a no host late St. Patrick's Day BBQ Lunch and some special Irish libations!

Events (Odd=Women, Even=Men)

- 1-2 50 Back**
- 3-4 200 Back**
- 5-6 50 Breaststroke**
- 7-8 200 Breaststroke**
- 9-10 50 Fly**
- 11-12 200 Free**
- 13-14 200 I.M.**
- 15-16 50 Free**
- 17-18 100 Fly**
- 19-20 100 Free**
- 21-22 500 Free**
- 23-24 100 I.M.**
- 25-26 100 Back**
- 27-28 100 Breaststroke**

ENTRY FORM: Mail to Amy Ruegg, 1229 Rose Lane, Lafayette, CA 94549



| Name: | Male or Female | |
|---|--------------------|---------------------|
| Phone Number: | Age: | |
| Number of Events Entered: | Club Abbreviation: | |
| <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <input type="checkbox"/> Yes, I plan to stay for the post meet BBQ <input type="checkbox"/> No, BBQ sounds fun, but do not plan to stay after the meet </div> </div> <p style="margin-top: 5px;">Please check a box for planning purposes</p> | | |
| Event Number | Estimated Time | Distance and Stroke |
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