

# AMYMSA NEWS

Welcome back swimmers!



## Team Reps

If you haven't paid your team dues, please do so before Sept 10th.  
Sewickley Meet entries due Sept 4th - email Carol Ide at [ciswimr@aol.com](mailto:ciswimr@aol.com)

## Meet Info

Sewickley Vally  
YMCA  
625 Blackburn Rd  
Sewickley, PA 15143  
Warm ups @ 11:00  
Meet Starts @ 12:00  
Meet director Carol Ide



Marathon swim - begins Sept 5

Iron person - must swim every event (no 25's) during the season  
See [AMYMSA.org](http://AMYMSA.org) for forms

## MEET SCHEDULE

Sept 10	Sewickley YMCA	A
Oct 6	Oil City YMCA	B
Oct 22	Edinboro Univ	B reverse
Nov 5	Allegheny Valley	A
Nov 19	TBD	A
Dec 3	Cranberry YMCA	B
Jan 7	Grove City YMCA	A reverse
Jan 21	Meadville	A
Feb 4	New Castle YMCA	B
Feb 18	Franklin YMCA	B
Mar 3	Bridgeport, WV	A
Apr 6-7	Clarion Univ Championships	

### Schedule A

200 Medley Relay  
100 Free  
200 Fly  
25 Back  
100 Breast.  
50 Free  
200 Back  
50 Breast  
200 IM  
25 Fly  
Mixed Free Relay  
500 Free

### Schedule B

200 Free Relay  
100 IM  
200 Breast  
50 Fly  
100 Back  
25 Free  
100 Fly  
50 Back  
200 Free  
25 Breast  
Mixed Medley Relay  
400 IM