

Mock Swim Meet

Friday, September 28th

St. Johns High School

6:00 - 6:30 pm Warm Up

6:30 - 7:30 pm Meet

7:30 - 8:00 Free Pool Time

8:10 Optional Team Building at Twisters!

(Free cone for Sea Lions Swimmers)

Swimmers can swim
up to 3 Individual
Events

And 1 Relay:
Noodle Relay
or Kickboard
Relay

Goals for our first meet of the Season:

- *Give our new swimmers a chance to experience their first competitive meet setting.*
- *Establish competitive times to build upon and help develop goals for the season.*
- *Introduce parents to volunteer activities; timing, runners, awards.*
- *Build team unity. Learn how to cheer for each other.*

Sign up online :

www.sjsealions.com/mockmeet

Entry Deadline: September 25th 6:00pm

