

2008 "DAY OF JOY" CPSL RELAY MEET

come play with all the league teams

Need an excuse for some fun?

How about finally swimming where swimming should be - "OUTDOORS".

Join the Bullfrogs for a rollick in the pool!

Why: Nothing like a little fun in the sun to build team spirit, enjoy our league friends, and show the world that swimmers know how to play.

2008 Host: Park Forest Bullfrogs

Who's Invited: all CPSL sharks, dolphins, stingrays, penguins

Saturday, July 19

7:00AM - 12:00 NOON

Warm-ups 7:30 - 8:25

Fun Begins 8:30

So anyway... what is a relay meet?



A meet with relay events that combine age groups, teams and various equipment. Some events will be more traditional stroke events, some will be just plain silly (event list attached).



All team members participate. Depending on attendance, heat 1 of each event should have a relay from each team - however, borrowing swimmers from other teams to fill relays is highly encouraged.



Coveted Awards will be given for heat winners. Swim early, swim often - swimmers may swim as many times as they like.



Bullfrogs like to swim but they also like to eat, so the Swamp Shack will be operating with a full snack bar and an assortment of breakfast items available.



Warm-Up schedule:

7:30-7:55 Bellefonte, Welch, Park Forest

8:00-8:25 Lewistown, Penns Valley, SPRA

Please RSVP with number of attendees by JULY 15 to Mechteld Hillsley
mechteld@engr.psu.edu