

2019 Beatrice Victor Senior Olympics of Staten Island

SWIMMING

Sunday, September 22, 2019

LOCATION: **Broadway YMCA
651 Broadway**

WARM-UP: **8:30 AM**

20-Yard Free Style

1 Length any stroke

20-Yard Backstroke

1 Length on back

20-Yard Breaststroke

1 Length of the pool, two hand touch

20-Yard Butterfly

1 Length of the pool, two hand touch

40-Yard Backstroke

1 Lap (2 Lengths) of the pool on back

40-Yard Breaststroke

1 Lap (2 Lengths) of the pool, two hand touch on each end

40-Yard Butterfly

1 Lap (2 Lengths) of the pool, two hand touch at each end

40-Yard Free Style

1 Lap (2 Lengths) of the pool any stroke

80-Yard Free Style

2 Laps (4 Lengths) of the pool any stroke

80-Yard Breaststroke

2 Laps (4 Lengths) of the pool two hand touch

80-Yard Backstroke

2 Laps (4 Lengths) of the pool on back only

80-Yard Medley

2 Laps (4 Lengths) of the pool:
1 Length Butterfly,
1 Length Backstroke,
1 Length Breaststroke,
1 Length Freestyle [Any other stroke]

PLEASE WEAR YOUR T SHIRT
Bathing Cap Required