

*2018 Beatrice Victor Senior Olympics of Staten Island  
Our 30<sup>th</sup> Year*

**SWIMMING**

**Sunday, October 7, 2018**

**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**