



Summer League Swimming – for Grown-Ups!

Who said only the kids can have fun in the pool?

Meet Events

25 Freestyle	50 Freestyle
25 Butterfly	50 Butterfly
25 Backstroke	50 Backstroke
25 Breaststroke	50 Breaststroke
100 IM (Fly/Back/Breast/ Free)	4 x 50 Freestyle Relay*
	4 x 50 Medley Relay*
Races seeded by age group (50-59, etc.)	
All relays are mixed-age	

Meet Schedule

- 8/17, 5pm @ Sherwood Park Pool
- 8/31, 5pm @ Gleason Park Pool
- 9/14, 12pm @ Cocoa Beach Aquatic Center
- 9/28, 5pm @ Gleason Park Pool (Championship)

Join a Team...or Start One!

Visit grownupswimming.com/space-coast to find a team to swim with the rest of the summer.

Or, grownupswimming.com/form-a-team
A team can be affiliated with a kids' summer league team, existing masters teams, or random groups of friends.

But what do I do with my kids? I can't leave them at home!

Bring 'em to the meet! We'll need timers, and you'll need a cheering squad!

I've never Raced before...

No experience - no problem! It's just one lap!

\$75 Meet Participation Fee Includes:

- Starter/Official/DJ/Color Commentator
- Wireless timing system for all meets
- Trophies for top 3 team finishers
- Communication of all details regarding meet sign-ups, times, location, and relays
- Insurance
- \$5 Discount for USMS Members
- \$10 Early registration discount ends 7/17



Join/Start a team or email BJ Graham for more information

Visit grownupswimming.com/space-coast | Contact bj@grownupswimming.com