



Adirondack Aquatic Center

**2nd Annual Alumni Meet and Social!**  
**Friday, November 24, 2017**

**Host:** Adirondack Aquatic Center  
**Place:** Shenendehowa Pool (adjacent to Gowana Middle School)  
**Time:** 5:00 PM Warmup                      5:20 PM Start  
6:30 PM Gathering in Lobby & Then out for Adult Beverages :)

To be eligible, swimmers must be high school graduates. Meet is open to alumni swimmers from USA Swimming Clubs, High School Teams, YMCA Teams, Country Club League, Suburban League, Master Swimmers or anyone else who can swim the length of the pool!

Event Number	Event Description
1	50 Yard Freestyle
2	50 Yard Breaststroke
3	50 Yard Backstroke
4	50 Yard Butterfly
5	100 Yard Individual Medley
6	200 Yard Freestyle Relay
7	200 Yard Medley Relay

Swimmers may enter as many events as they chose and should report to the starting blocks at the beginning of each of their races. Family and mixed relay teams are welcome and encouraged!

**Meet Fees:**

Swimmers –entry fee \$25 (\$50 will guarantee no DQ's :) includes cap & t-shirt  
Spectators –entry fee \$10 (Alumni Parents are encouraged to attend)

Meet fees will be used to defray the cost of hosting the meet.  
All are welcome for pizza and conversation following the meet!

Please register by November 23, 2017 at [www.adirondackaquaticcenter.org](http://www.adirondackaquaticcenter.org). If you have questions, please call Patty Rowledge 518-441-5170 or email [patty@adirondackaquaticcenter.org](mailto:patty@adirondackaquaticcenter.org)