



MONTOUR HEIGHTS COUNTRY CLUB

Saturday Sprint & SKWIM Scrimmage

with optional pancakes*

Open to 10-and-unders, coaches and families.

Only 25-meter races in free and back.

Bring your fins if you have them.

Heats by single age groups.

No relays, no scoring, desk seeding, no awards.

In-water coaching (w adults) in SKWIM games.

Check-in & Warm-up 7:30-8:30. Race to 9:30,
then lane-lines come out for games.

Optional pancake menu announced soon.

RSVP by team to Coach Mark, 412-298-3432.

New, Drop-in SKWIM season expected in August!

Order of events

#1, 10 & under girls, 25 free

#2, 10 & under boys, 25 free

#3, 9-year old girls 25 free

#4, 9-year old boys 25 free

#5, 8s girls 25 free

#6, 8s boys 25 free

#7, 7s girls 25 free

#8, 7s boys, 25 free

#9, 6s girls, 25 free

#10, 6s boys, 25 free

#11, 10 & under girls, 25 back

#12, 10 & under boys, 25 back

#13, 9-year old girls 25 back

#14, 9-year old boys 25 back

#15, 8s girls 25 back

#16, 8s boys 25 back

#17, 7s girls 25 back

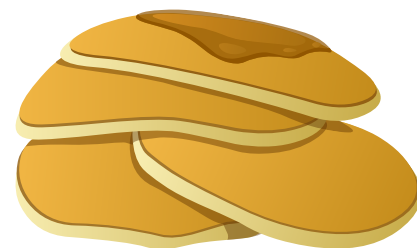
#18, 7s boys, 25 back

#19, 6s girls, 25 back

#20, 6s boys, 25 back

Huddle on SKWIM rules.

SKWIM Game Play



Saturday, June 25, 2022

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