

## Oakwood Athletic Club/Orinda Aquatics/Orinda Country Club Tri-Meet Sunday March 2, 2014

- Location:** Orinda Country Club Pool, 315 Camino Sobrante, Orinda, 94563
- Parking:** Enter the OCC parking lot across from the tennis courts, stay left and head towards the flagpole and then turn left down the hill. Go down the hill and park past the pool.
- Course:** Outdoor, 25 yard, 6 lane pool. Limited area for warm-up/down.
- Time:** Warm-ups from 8:30 - 9:45am. Meet starts at 10:00am
- Check in:** Check in upon arrival. All events deck seeded. The meet will be seeded slowest to fastest. Women's and Men's events may be combined where practical.
- Entries:** Swimmers are limited to 5 events
- Meet Fee:** \$10. Checks payable to Orinda Country Club/ OCC Members (Billed to account)
- Mail Entries to:** Steve Haufler, Orinda Country Club, 315 Camino Sobrante, Orinda, CA 94563
- Entry Deadline:** By mail Feb. 24/Deck entries accepted Sunday March 2 by 9:00am
- Refreshments:** Light breakfast items, coffee and juice available
- Events:** Odd=Women, Even=Men

1-2	50 Back		15-16	50 Free
3-4	200 Back		17-18	100 Fly
5-6	50 Breaststroke		19-20	100 Free
7-8	200 Breaststroke		21-22	500 Free
9-10	50 Fly		23-24	100 I.M.
11-12	200 Free		25-26	100 Back
13-14	200 I.M.		27-28	100 Breaststroke

**Entry Form: Mail to Steve Haufler, Orinda Country Club, 315 Camino Sobrante, Orinda, CA 94563**

Name:		Male or Female
Phone Number:		Age:
Number of Events Entered:		Club Abbreviation:
Event Number	Estimated Time	Distance and Stroke
	:    :	
	:    :	
	:    :	
	:    :	
	:    :	