

★ MARK YOUR CALENDAR ★

Join us on Sunday 5 March 2023 morning
for the Annual March Madness Mini Meet
at the Nassau County Aquatic Center

ORDER OF EVENTS

| | | | |
|-----|-------|----------|-------------------|
| #1 | Mixed | 200 yard | Freestyle |
| #2 | Mixed | 50 yard | Breaststroke |
| #3 | Mixed | 100 yard | Butterfly |
| #4 | Mixed | 50 yard | Backstroke |
| #5 | Mixed | 200 yard | Individual Medley |
| #6 | Mixed | 100 yard | Freestyle |
| #7 | Mixed | 200 yard | Medley Relay |
| #8 | Mixed | 200 yard | Freestyle Relay |
| #9 | Mixed | 100 yard | Breaststroke |
| #10 | Mixed | 50 yard | Butterfly |
| #11 | Mixed | 100 yard | Backstroke |
| #12 | Mixed | 50 yard | Freestyle |
| #13 | Mixed | 100 yard | Individual Medley |

Schedule Warm-Up 8:00am • Start 9:00am • Finish 12:00noon
Awards: Medals for 1st - 3rd place & Ribbons for 4th - 6th place

Registration opens New Year's Day Sunday 1 January 2023
(*online registration only; no paper mail-in, fax or email entries*)

Complete meet info with registration link
will be posted at: www.excelswimming.com

Meet Eligibility: Must be 18 years of age or older and a 2023
registered member of U.S. Masters Swimming to participate.

Direction meet inquiries to Lisa at excelswimming@aol.com