

G.R.A.L. 2017 Championship Swim Meet
July 20-30, 2017
SwimRVA
5050 Ridgedale Parkway, Richmond, VA 23234

Welcome to another year of GRAL Champs! Congratulations to all the swimmers who have worked hard and qualified for the Championship Meet! Please read this section thoroughly as it includes important information that will be helpful to your family during the weekend. If you have additional questions, please see your team's Champs Coordinator.

Facility Use and Building Access

- **Coaches, Vendors, and Team Contact Persons (Champs Coordinators) may enter the building at 6:30 a.m. each day of the swim meet.**
- **Swimmer and Families may enter the building at 6:45 a.m. each day of the swim meet.**
- For directions, go to <http://www.swimrichmond.org/directions.htm>
- Swimmers will be on the deck during the meet and parents and other adults will be in the mezzanine. Please be courteous and do not take up space in front of the competition pool, but spread out in the other areas. When your child is swimming, move to the seating in front of the competition pool. **No saving seats for others.** Swimmers will be able to leave the deck, but only swimmers, coaches, deck officials, and designated workers will be allowed on deck.
- Only swimmers who are about to swim or just swam an event and those with deck passes are permitted on the pool deck, and only coaches and officials with proper deck passes are permitted on the bulkhead during the meet.
- Please see the SwimRVA swimming pool rules on the pages following for facility information.
- Swim coaches and parents, as well as swimmers, are responsible for their team's behavior. Unsafe, unruly, or unsportsmanlike behavior will not be tolerated.
- No running is allowed within the facility.
- No glass containers of any kind are permitted in the facility.
- Swimmers are welcome to warm up in the non-competition pool throughout the sessions (including during the lunch hour), however no horseplay will be permitted. There shall be no diving in the non-competition pool. Please do not get in the pool in the Clerk of Course area.

Concessions/Heat Sheets/GRAL T-Shirts

- Concessions will be available in the concessions area as you enter the facility and will open for warm-ups and during competition each day. Rapids Café Menu is new and improved with great food options for your family.
- A limited number of Heat Sheets & GRAL Champs T-shirts will be sold at the meet, while supplies last.

Clerk of the Course

- The Clerk of the Course will be located in the practice pool area right next to the competition pool. **ALL SWIMMERS MUST REPORT TO CLERK OF COURSE-regardless of age or experience.** Please advise your swimmers that this is a **quiet zone**. When swimmers enter this area, they are expected to be quiet and pay attention.
- Please make sure that all of your swimmers know their event numbers, heats, and lane assignments. The Clerk will be calling swimmers only by these numbers. **IT IS THE SWIMMER'S RESPONSIBILITY TO GET TO CLERK WHEN HIS OR HER EVENT/HEAT IS CALLED. You may write it on the back of children's hands or on their arms.** To determine this information, use the heat sheet that you purchased, borrow someone else's, or see your coach. **The heat and lane will NOT be posted in Meet Mobile**, but the results and scores will.
- For 8 & Under Relays, your team can provide the usual Parent Helpers (or older swimmers) to assist the children in getting to the proper ends of the pool. Only 2 Parent Helpers per relay team are allowed on the deck. For 9 - 10 Relays, 1 Parent Helper (or older swimmer) may be provided to assist the children. Parent Helpers are not mandatory. Relay Helpers will not be issued deck badges and must leave the deck area at the completion of that relay.

Deck Bleachers

- Swimmers will be assigned bleachers on the deck (by team). Teams are assigned spaces based on the number of daily registered swimmers. Some teams will need to share bleachers as there are more teams than bleachers. All teams are expected to honor the boundaries of their designated space. A diagram in this book can help swimmers identify and locate their team spaces.
- Extra chairs will not be allowed on deck.
- A limited number of snacks and drinks WILL be allowed on deck, but swimmers must clean up whatever they bring.
- **All teams are required to clean their spaces and remove all belongings at the end of each day. Neither SwimRVA nor GRAL will accept responsibility for any lost or stolen items. Failure to fully clean and remove belongings from one's space at the end of each day will result in a \$100 fine to the offending team.**

Workers, Volunteers and Officials

- All teams are expected to honor their assignments and provide the workers necessary to run the meet.
- **All workers, volunteers and officials must wear their pink identification badges when on the deck if provided.** Badges will be available at the volunteer check-in table for volunteers, coaches and deck officials. No one will be admitted on the deck without proper identification. **Check in at the Volunteer table prior to heading to your assigned location.**
- **Coaches are also required to wear their badges when on the deck.** These nametags must be worn as designed so that they are readily visible and readable by all Meet Officials and Security personnel. Only coaches with badges will be permitted behind the blocks.

Hospitality and Medal Room

- The Hospitality/Medals Room will be in the weight room under the mezzanine.
- Medals will not be available until at least 30 minutes after the results have been posted.
- GRAL will provide two medal boxes for each team. Team medals will be placed in the team's medal box. In order to remove the team's medals from the Medal Room, a designated COACH will replace the 1st medal box with the 2nd empty medal box. A medal box **MUST** remain on the table at all times. Medals may be picked up periodically (no swimmers or parents, please).

Event Results and Scoreboard Display

- Please remind your swimmers and parents that the order of finish displayed on the scoreboard in the pool area is not official.
- Official results will be posted upstairs near the mezzanine. Swimmers and Parents can also use Meet Mobile to keep track of results, however accuracy of Meet Mobile is not guaranteed.

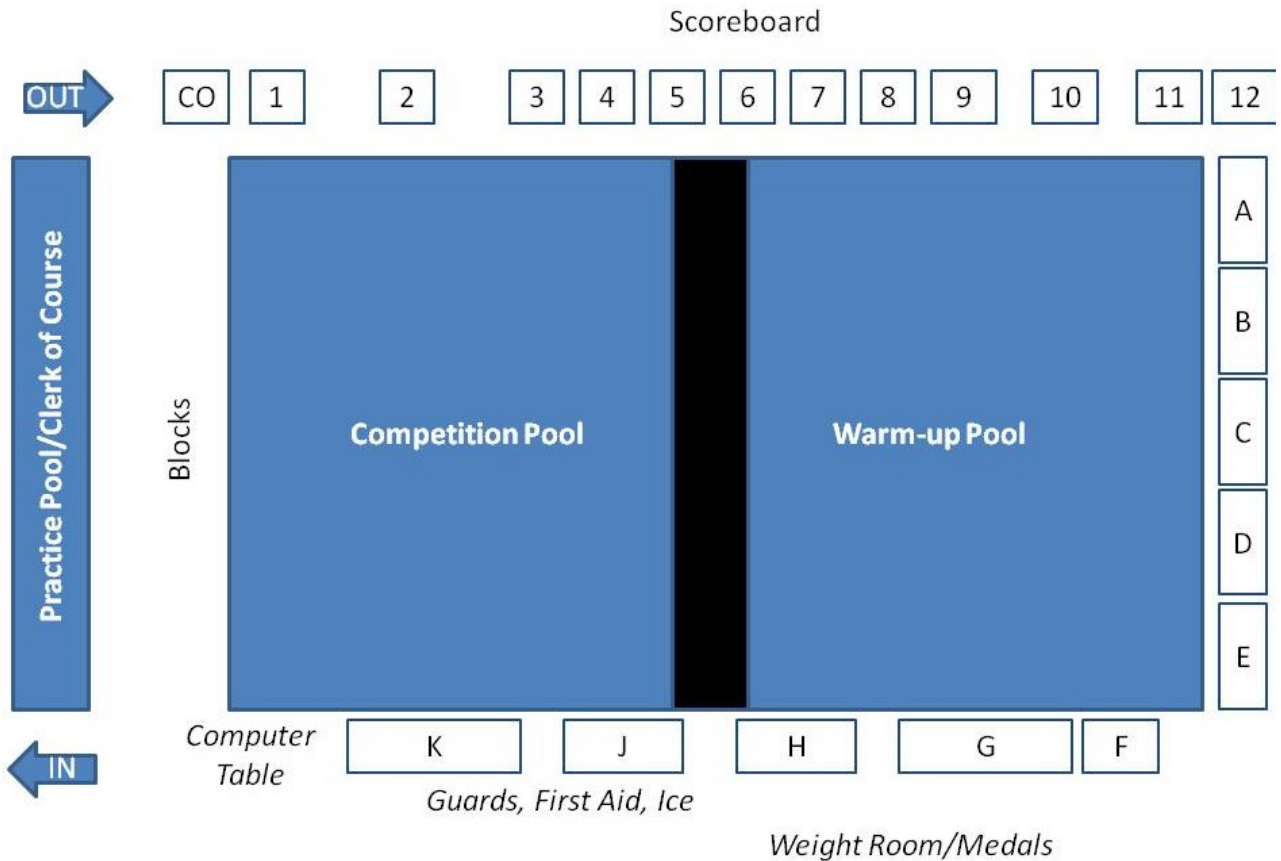
Team Banners

- Team banners that have been turned in at registration prior to meet weekend will be given to SwimRVA for display. Please do not hang banners yourself. No Advertising on Banners!
- **Each team is responsible for picking up team banners on Sunday afternoon.**

Coaches

- No chairs on the pool deck.
- Warm up times and lane assignments are printed in the heat sheet. Please honor your warm up time and lane assignments. No lane jumping allowed. Please be conscientious when sharing lanes.
- The Order of Events will be posted on the website as well as printed in the heat sheet.
- This year we are swimming all events in yards.
- Remind your swimmers that there will be announcements for the events only. There will be no announcements for individual swimmers or relay teams to report to clerk. **It is the responsibility of the swimmer to report on time.**
- Please be respectful of all coaches, workers, officials, teams, swimmers, and volunteers. Do not speak to the Strokes & Turns Judges concerning calls during the meet, rather please address the referee.

BLEACHER ASSIGNMENTS



	Saturday Sessions	Sunday Sessions
Bleachers on Far Wall		
CO	Coaches & Officials	Coaches & Officials
1	Church Run	Kings Charter
2	Colonies	Hanover Country Club
3	Wellesley	Tuckahoe Village Dolphin Club
4	Tuckahoe Village West	Goochland YMCA
5	Antioch & Bell Creek	Milestone
6	Goochland YMCA	Twin Hickory
7	Wembly & Battlefield Green	Tuckahoe Village West
8	Pebble Creek	Old Church
9	Old Church	Church Run
10	Raintree	Rockville
11	Milestone & Ashland	Colonies & Wellesley
12	Rockville & Ashland	Raintree
Bleachers at Opposite End		
A	Fox Hall & The Federal Club	Atlee
B	Hungary Creek & AshCreek	Mechanicsville & The Dominion Club
C	Hanover Country Club & The Dominion Club	Chestnut Oaks & Pebble Creek
D	Kings Charter & Chestnut Oaks	Ashland & AshCreek
E	Twin Hickory & Atlee	Canterbury & The Federal Club
Bleachers under Mezzanine		
F	Tuckahoe Village Dolphin Club	Burkwood & Antioch
G	Canterbury	Burkwood
H	Wyndham	Wyndham
J	Mechanicsville	Wembly & Battlefield Green & Bell Creek
K	Burkwood	Hungary Creek & Fox Hall

Bleacher Monitors

	Helpers	Session 1 Swimmers	Session 2 Swimmers
Antioch	1	8	8
AshCreek	2	16	13
Ashland	1	8	8
Atlee	1	13	13
Battlefield Green	1	4	4
Bell Creek	1	7	5
Burkwood	4	37	35
Canterbury	3	32	31
Chestnut Oaks	1	13	14
Church Run	2	17	15
Colonies	1	12	12
Fox Hall	2	18	17
Goochland YMCA	1	10	12
Hanover Country Club	2	20	20
Hungary Creek	2	17	19
Kings Charter	2	21	19
Mechanicsville	3	23	25
Milestone	1	12	10
Old Church	1	12	12
Pebble Creek	1	12	12
Raintree	1	12	3
Rockville	1	12	10
The Dominion Club	2	15	14
The Federal Club	2	18	18
Tuckahoe Village Dolphin Club	2	24	22
Tuckahoe Village West	1	12	13
Twin Hickory	2	21	22
Wellesley	2	17	16
Wembly	1	7	11
Wyndham	2	24	23

Parents

- Cheer hard for your child and understand that they are trying their best. Remember that they are swimming against the best in the league and not just a few good swimmers from one team.
- Be respectful of our coaches, workers, officials, and other volunteers. Everyone has worked hard this season to make it a good one. Let's finish on a positive note. Be an example for your child and others. And, have some FUN!
- Thank you to everyone who has contributed their time and talents to the meet this weekend.
We hope your child swims his or her best and has a great meet.

CHAMPS 2017 VOLUNTEERS

1. VOLUNTEER REPORTING TIMES: *It is very important that workers report on time. This is especially critical in the transition from the morning to the afternoon sessions.*

Volunteer Coordinator—Report to Referee Area

Session 1 – 6:45 a.m. / Session 2 – 11:45 a.m. (Saturday, 7/29/17)

Session 3 – 6:45 a.m. / Session 4 – 11:15 a.m. (Sunday, 7/30/17)

Deck Security - Report to the Referee Area on deck

Session 1 – 7:00 a.m. / Session 2 – 11:45 a.m. (Saturday, 7/29/17)

Session 3 – 7:00 a.m. / Session 4 – 11:15 p.m. (Sunday, 7/30/17)

Clerk of Course Workers - Report to Clerk Area

Session 1 – 8:15 a.m. / Session 2 – 12:15 p.m. (Saturday, 7/29/17)

Session 3 – 8:15 a.m. / Session 4 – 11:45 a.m. (Sunday, 7/30/17)

Strokes & Turns Judges – Report to Medals Room

Session 1 – 8:15 a.m. / Session 2 – 12:30 p.m. (Saturday, 7/29/17)

Session 3 – 8:15 a.m. / Session 4 – 12:00 p.m. (Sunday, 7/30/17)

Deck Water **Distribute to volunteers and officials frequently. Stock water and ice in coolers.*

Session 1 – 8:30 a.m. / Session 2 – 12:40 p.m. (Saturday, 7/29/17)

Session 3 – 8:30 a.m. / Session 4 – 12:10 p.m. (Sunday, 7/30/17)

Runners- Report to the Referee Area

Session 1 – 8:40 a.m. / Session 2 – 12:40 p.m. (Saturday, 7/29/17)

Session 3 – 8:40 a.m. / Session 4 – 12:10 p.m. (Sunday, 7/30/17)

Head Timer - Report to Clerk Area

Session 1 – 8:40 a.m. / Session 2 – 12:40 p.m. (Saturday, 7/29/17)

Session 3 – 8:40 a.m. / Session 4 – 12:10 p.m. (Sunday, 7/30/17)

Timers - Report to Clerk Area (after checking in with Volunteer Coordinator)

Session 1 – 8:40 a.m. / Session 2 – 12:40 p.m. (Saturday, 7/29/17)

Session 3 – 8:40 a.m. / Session 4 – 12:10 p.m. (Sunday, 7/30/17)

Medals – Report to Hospitality/Weight Room

Session 1 – 9:30 a.m. / Session 2 – 1:30 p.m. (Saturday, 7/29/17)

Session 3 – 9:30 a.m. / Session 4 – 1:00 p.m. (Sunday, 7/30/17)

CHAMPS 2017 VOLUNTEER ASSIGNMENTS BY TEAM

	Saturday Morning Session	Saturday Afternoon Session	Sunday Morning Session	Sunday Afternoon Session
Antioch	Lane 6 Timer (1)	Lane 1 Timer (1)	Runner for Computer (1)	Assistant Clerk (1)
AshCreek	Deck Water (2)	Assistant Clerk (2)	Runner for Chief Judge (1)	Lane 5 Timer (1)
Ashland	Assistant Clerk (1)	Lane 4 Timer (1)	Volunteer Check In (1)	Deck Security (2)
Atlee	Head Timer (1) Lane 1 Timer (1)		Lane 4 Timer (3)	Assistant Clerk (2)
Battlefield Green		Lane 7 Timer (1)	Assistant Clerk (1)	Deck Water (1)
Bell Creek		Lane 6 Timer (1)		Assistant Clerk (1)
Burkwood	Assistant Clerk (4)	Runners (2) Deck Water (2)	Lane 5 Timer (3)	Lane 4 Timer (3)
Canterbury	Lane 2 Timer (3)	Lane 5 Timer (3)	Assistant Clerk (2)	Lane 8 Timer (1)
Chestnut Oaks	Lane 1 Timer (2)	Lane 8 Timer (1)	Assistant Clerk (1)	Volunteer Check In (2)
Church Run	Lane 4 Timer (1) Lane 5 Timer (1)	Assistant Clerk (2)	Lane 1 Timer (2)	Deck Security (2)
Colonies	Runner for Chief Judge (1)		Lane 8 Timer (1)	Lane 7 Timer (1)
Fox Hall	Lane 4 Timer (2)	Medals (2)	Lane 8 Timer (1)	Lane 6 Timer (1)
Goochland YMCA		Lane 6 Timer (1)	Lane 8 Timer (1)	Lane 3 Timer (2)
Hanover Country Club	Lane 5 Timer (2)	Lane 7 Timer (1)	Lane 2 Timer (2)	Lane 5 Timer (2)
Hungary Creek	Lane 6 Timer (2)	Assistant Clerk (2)	Lane 3 Timer (2)	Lane 8 Timer (2)
Kings Charter	Lane 7 Timer (2)	Deck Security (2)	Medals (2)	Lane 6 Timer (2)
Mechanicsville	Lane 7 Timer (1) Lane 8 Timer (1)	Lane 2 Timer (3)	Deck Water (2)	Lane 7 Timer (2)
Milestone		Lane 8 Timer (1)	Lane 6 Timer (1)	Medals (1)
Old Church	Volunteer Check In (1)	Lane 6 Timer (1)	Lane 6 Timer (2)	Lane 2 Timer (2)
Pebble Creek		Medals (1)	Lane 7 Timer (1)	Lane 3 Timer (1)
Raintree		Lane 8 Timer (1)	Lane 3 Timer (1)	Lane 2 Timer (1)
Rockville	Runner for Computer (1)	Lane 7 Timer (1)	Lane 7 Timer (2)	Lane 1 Timer (2)
The Dominion Club	Lane 8 Timer (2)	Deck Security (2)	Lane 2 Timer (1)	Lane 1 Timer (1)
The Federal Club	Deck Security (2)	Lane 4 Timer (2)		
Tuckahoe Village West	Volunteer Check In (1)	Volunteer Check In (1) Head Timer (1)	Volunteer Check In (2)	Volunteer Check In (1) Deck Water (1)
Tuckahoe Village Dolphin Club	Lane 3 Timer (3)	Volunteer Check In (2)	Deck Security (2)	Head Timer (1)
Twin Hickory	Deck Security (2)	Assistant Clerk (2)	Lane 1 Timer (1)	Medals (2)
Wellesley	Medals (2)	Lane 1 Timer (2)		
Wembly	Volunteer Check In (1)	Lane 3 Timer (1)	Head Timer (1)	Runner for Chief Judge (1)
Wyndham	Assistant Clerk (3)	Lane 3 Timer (2)	Deck Security (2)	Runner for Computer (1)

2. VOLUNTEER DESCRIPTIONS:

BLEACHER MONITOR

Each team needs to provide the required number
Only needed for Saturday Sessions
Monitors the bleachers to make sure the swimmers are safe and not disruptive

CLERK OF COURSE

The Head Clerk is pre-assigned (in addition to those assigned on the next page); all others will assist
Using meet programs, place swimmers in order and move them through clerk to the blocks
Help assemble relays and make sure each 8&U and 9-10 relays have helper(s) if necessary
Communicate with announcer as to what events to call
Do NOT reseed anything; If a child misses a heat, contact the Referee
Every volunteer should have the chance to see his/her child swim
Other duties as assigned by head clerk

DECK SECURITY

Walks the deck prior to and during each session to ensure safety of all swimmers, coaches and volunteer workers
Ensures that everyone on deck (behind the blocks or on the bulkhead) is either a swimmer or an adult with a pink badge
Ensures non-competition pool is used for warming up only, not horseplay
Other duties as assigned

DECK WATER

Ensures on-deck coolers are filled with ice and bottled water
Periodically hands out bottled water to volunteer workers
Other duties as assigned

VOLUNTEER COORDINATOR/CHECK-IN TABLE

Checks in volunteer workers assigned to work the meet at beginning of each session
Gives volunteer workers badges for pool deck access
Collects deck passes at the end of every session and checks off the teams that return them
Every volunteer should have the chance to see his/her child swim
Other duties as assigned

MEDALS

Picks up label from Computer Area; Attaches labels to medals; Places medals in each team's box
Each team has two boxes (coaches must leave an empty box in order to take a full box)
No one but coaches can take medals
Every volunteer should have the chance to see his/her child swim
Other duties as assigned

RELAY HELPER

Each team may provide 2 attendants for each 8 & U relay and 1 attendant for each 9-10 relay.
This person can help with all relays in that age group as long as the team does not have multiple relays in a heat.
Ensures that each relay gets to the correct heat/lane
This person will not receive a badge and shall only be on deck as the event is called to clerk until it swims.

RUNNERS

Assists the Chief Judge with the transport of DQ slips between Stroke and Turn Judges, the Chief Judge and the Referee.
Transports DQ slips from Referee to Computer area; Takes DQ from Computer and puts them in correct medal box
Transports labels from Computer to Medals
Picks up paper results from Computer area and posts them in the mezzanine
Other duties as assigned

HEAD TIMERS

Attend pre-session timers meeting; Duties as instructed

TIMERS

Attend pre-session timers meeting
Verify swimmer in each heat with heat verification sheet;
Help swimmers get on the blocks when the whistle blows (long burst)
Time swimmers as they swim in lane as directed
Other duties as assigned



THANK YOU

Warm-up Schedule

SATURDAY MORNING						
Lane	7:00 – 7:15	7:15 – 7:30	7:30 – 7:45	7:45 – 8:00	8:00 – 8:15	8:15 – 8:30
1	FH	THAT	MRA	TVDC	BSRC	CORA
2	FH	THAT	MRA	TVDC	BSRC	GM
3	ARA	CRR	WELL	TDC	BSRC	CSC
4	ARA/BG	CRR	WELL	TDC	BSRC	BC
5	PC	HCC	KC	WSRC	WEM	MS
6	RKVL	HCC	KC	WSRC	CRA	ASH
7	RSRC	TFC	HCRA	AC	CRA	OC
8	TVW	TFC	HCRA	AC	CRA	ANT

SUNDAY MORNING						
Lane	7:00 – 7:15	7:15 – 7:30	7:30 – 7:45	7:45 – 8:00	8:00 – 8:15	8:15 – 8:30
1	MRA	BSRC	CRA	ASH	ARA	RKVL
2	MRA	BSRC	CRA	ASH	ARA	RKVL/BC
3	OC	BSRC	CRA	HCC	ARA	BG
4	OC	BSRC	CRA	HCC	HCRA	PC
5	TVDC	BSRC	ANT/TFC	CORA	HCRA	RSRC
6	GM	WSRC	WEM/WELL	CORA	KC	TVW
7	TDC	WSRC	FH	CRR	KC	TVW
8	AC	WSRC	CSC	CRR	MS	THAT

ANT	Antioch	KC	Kings Charter
AC	AshCreek	MRA	Mechanicsville
ASH	Ashland	MS	Milestone
ARA	Atlee	OC	Old Church
BG	Battlefield Green	PC	Pebble Creek
BC	Bell Creek	RSRC	Raintree
BSRC	Burkwood	RKVL	Rockville
CRA	Canterbury	TDC	The Dominion Club
CORA	Chestnut Oaks	TFC	The Federal Club
CRR	Church Run	TVDC	Tuckahoe Village Dolphin Club
CSC	Colonies	TVW	Tuckahoe Village West
FH	Fox Hall	THAT	Twin Hickory
GM	Goochland YMCA	WELL	Wellesley
HCC	Hanover Country Club	WEM	Wemby
HCRA	Hungary Creek	WSRC	Wyndham

For those who need alternate times for warming-up, the pool adjacent to the competition pool can be used for that purpose.

It is not for recreational use, and there is no diving allowed.

Schedule of Events (Approximate)

Saturday

- 6:30** Access to building for Team Contact Person, Coaches & Vendors
- 6:45** Access to building for Swimmers and Families
- 6:45** Volunteer Coordinators report to Referee Area
- 7:00** Deck Security report to deck
- 7:00** Swimming Warm-ups (Schedule in Heat Sheet Book)
- 8:15** Clerk of Course workers report to clerk area
- 8:15** Strokes & Turns Judges report to Medals Room
- 8:30** Deck Water volunteers have coolers filled – replenish regularly
- 8:35** Coaches meeting in Medals room
- 8:40** Timers report to Clerk Area, Runners report to Referee Area
- 8:40** Event 1 ‘First Call’ to Clerk of Course
- 8:58** National Anthem – **Alex Maloney**– Flute (Antioch)
- 9:00** Session 1 Swimming Competition Begins
- 9:30** Medals workers report to Weight Room/Hospitality
- 10:30ish** Presentation of Division Awards & Coaches’ Awards prior to relays
Coaches Medley Relays at the Conclusion of the relays
Practice Pool will be open during the lunch hour
- 11:45** Deck Security report to deck
Volunteer Coordinator report to Referee Area
- 12:15** Clerk of Course workers report to clerk area
- 12:30** Strokes & Turns Judges report to Medals Room, Announcer to Referee Area
- 12:40** Event 28 ‘First Call’ to Clerk of Course
- 12:40** Timers report to Clerk Area, Runners report to Referee Area
- 1:00** Session 2 Swimming Competition Begins
- 1:30** Medals workers report to Weight Room/Hospitality
- 2:15ish** Presentation of Len Everett Awards prior to relays

Schedule of Events (Approximate)

Sunday

- 6:30** Access to building for Team Contact Person, Coaches & Vendors
- 6:45** Access to building for Swimmers and Families
- 6:45** Volunteer Coordinators report to Referee Area
- 7:00** Deck Security report to deck
- 7:00** Swimming Warm-ups (Schedule in Heat Sheet Book)
- 8:15** Clerk of Course workers report to clerk area
- 8:15** S & T Workers report to Medals Room
- 8:30** Deck Water volunteers have coolers filled – replenish regularly
- 8:35** Coaches meeting in Medals room
- 8:40** Timers report to Clerk Area, Runners report to Referee Area
- 8:40** Event 55 ‘First Call’ to Clerk of Course
- 8:58** National Anthem - **Rachel Davis**—Voice (Hungary Creek)
- 9:00** Session 3 Swimming Competition Begins
- 9:30** Medals workers report to Weight Room/Hospitality
- 10:30ish** Presentation of Video Awards & Scholarship Awards prior to relays
Coaches Free Relays at the Conclusion of the relays
Practice Pool will be open during the lunch hour
- 11:15** Deck Security report to deck
Volunteer Coordinator report to Referee Area
- 11:45** Clerk of Course workers report to clerk area
- 12:00** Strokes & Turns Judges report to Medals Room
- 12:10** Event 81 ‘First Call’ to Clerk of Course
- 12:10** Timers report to Clerk Area, Runners report to Referee Area
- 12:30** Session 4 Swimming Competition Begins
- 1:00** Medals workers report to Weight Room/Hospitality

Session 1: Saturday Morning Swimmers aged 12 & under

Event	Entries	Heats	Starts at
1 Girls 8 & Under 25 Backstroke	33	5	09:00 AM
2 Boys 8 & Under 25 Backstroke	26	4	09:05 AM
3 Girls 9-10 50 Backstroke	30	4	09:08 AM
4 Boys 9-10 50 Backstroke	29	4	09:13 AM
5 Girls 11-12 50 Backstroke	34	5	09:18 AM
6 Boys 11-12 50 Backstroke	19	3	09:23 AM
7 Girls 8 & Under 100 IM	23	3	09:27 AM
8 Boys 8 & Under 100 IM	36	5	09:33 AM
9 Girls 9-10 100 IM	31	4	09:43 AM
10 Boys 9-10 100 IM	35	5	09:50 AM
11 Girls 11-12 100 IM	42	6	09:59 AM
12 Boys 11-12 100 IM	28	4	10:08 AM
13 Girls 8 & Under 25 Freestyle	29	4	10:14 AM
14 Boys 8 & Under 25 Freestyle	23	3	10:17 AM
15 Girls 9-10 50 Freestyle	31	4	10:18 AM
16 Boys 9-10 50 Freestyle	36	5	10:22 AM
17 Girls 11-12 50 Freestyle	41	6	10:26 AM
18 Boys 11-12 50 Freestyle	18	3	10:30 AM
19 Mixed 8 & Under 100 Medley JV Relay Relay	23	3	10:33 AM
20 Mixed 9-10 200 Medley JV Relay Relay	18	3	10:39 AM
21 Mixed 11-12 200 Medley JV Relay Relay	14	2	10:50 AM
22 Mixed 8 & Under 100 Medley V Relay Relay	7	1	10:56 AM
23 Mixed 9-10 200 Medley V Relay Relay	8	1	10:58 AM
24 Mixed 11-12 200 Medley V Relay Relay	10	2	11:01 AM
25 Mixed 8 & Under 100 Medley SV Relay Relay	9	2	11:07 AM
26 Mixed 9-10 200 Medley SV Relay Relay	15	2	11:11 AM
27 Mixed 11-12 200 Medley SV Relay Relay	9	2	11:17 AM
Swimmers Counts for Warm-ups: 474	=====	=====	
Entry / Heat Totals:	657	95	
Finish Time			11:23 AM

Session 2: Saturday Afternoon Swimmers aged 12 & under

Event	Entries	Heats	Starts at	
28	Girls 8 & Under 25 Butterfly	27	4	01:00 PM
29	Boys 8 & Under 25 Butterfly	35	5	01:03 PM
30	Girls 9-10 50 Butterfly	35	5	01:06 PM
31	Boys 9-10 50 Butterfly	23	3	01:11 PM
32	Girls 11-12 50 Butterfly	37	5	01:14 PM
33	Boys 11-12 50 Butterfly	23	3	01:18 PM
34	Girls 8 & Under 25 Breaststroke	33	5	01:20 PM
35	Boys 8 & Under 25 Breaststroke	35	5	01:24 PM
36	Girls 9-10 50 Breaststroke	29	4	01:27 PM
37	Boys 9-10 50 Breaststroke	36	5	01:31 PM
38	Girls 11-12 50 Breaststroke	29	4	01:37 PM
39	Boys 11-12 50 Breaststroke	21	3	01:40 PM
40	Girls 8 & Under 50 Freestyle	25	4	01:43 PM
41	Boys 8 & Under 50 Freestyle	24	3	01:47 PM
42	Girls 9-10 100 Freestyle	34	5	01:50 PM
43	Boys 9-10 100 Freestyle	46	6	01:57 PM
44	Girls 11-12 100 Freestyle	39	5	02:07 PM
45	Boys 11-12 100 Freestyle	30	4	02:14 PM
46	Mixed 8 & Under 100 Freestyle JV Relay Relay	21	3	02:19 PM
47	Mixed 9-10 200 Freestyle JV Relay Relay	21	3	02:24 PM
48	Mixed 11-12 200 Freestyle JV Relay Relay	20	3	02:33 PM
49	Mixed 8 & Under 100 Freestyle V Relay Relay	5	1	02:40 PM
50	Mixed 9-10 200 Freestyle V Relay Relay	7	1	02:42 PM
51	Mixed 11-12 200 Freestyle V Relay Relay	6	1	02:45 PM
52	Mixed 8 & Under 100 Freestyle SV Relay Relay	4	1	02:47 PM
53	Mixed 9-10 200 Freestyle SV Relay Relay	11	2	02:48 PM
54	Mixed 11-12 200 Freestyle SV Relay Relay	6	1	02:53 PM
	Swimmers Counts for Warm-ups: 456	=====	=====	
	Entry / Heat Totals:	662	94	
	Finish Time			02:56 PM

Session 3: Sunday Morning Swimmers aged 13 & older

Event	Entries	Heats	Starts at	
55	Girls 13-14 50 Backstroke	21	3	09:00 AM
56	Boys 13-14 50 Backstroke	34	5	09:04 AM
57	Girls 15-18 50 Backstroke	23	3	09:09 AM
58	Boys 15-18 50 Backstroke	38	5	09:12 AM
59	Girls 13-14 100 IM	18	3	09:17 AM
60	Boys 13-14 100 IM	35	5	09:22 AM
61	Girls 15-18 100 IM	39	5	09:29 AM
62	Boys 15-18 100 IM	28	4	09:36 AM
63	Girls 13-14 50 Breaststroke	23	3	09:41 AM
64	Boys 13-14 50 Breaststroke	32	4	09:44 AM
65	Girls 15-18 50 Breaststroke	24	3	09:47 AM
66	Boys 15-18 50 Breaststroke	43	6	09:50 AM
67	Girls 13-14 100 Butterfly	28	4	09:55 AM
68	Boys 13-14 100 Butterfly	32	4	10:01 AM
69	Girls 15-18 100 Butterfly	22	3	10:07 AM
70	Boys 15-18 100 Butterfly	27	4	10:12 AM
71	Girls 13-14 50 Freestyle	16	2	10:17 AM
72	Boys 13-14 50 Freestyle	32	4	10:18 AM
73	Girls 15-18 50 Freestyle	27	4	10:21 AM
74	Boys 15-18 50 Freestyle	34	5	10:24 AM
75	Mixed 13-14 200 Medley JV Relay Relay	14	2	10:28 AM
76	Mixed 15-18 200 Medley JV Relay Relay	18	3	10:34 AM
77	Mixed 13-14 200 Medley V Relay Relay	14	2	10:42 AM
78	Mixed 15-18 200 Medley V Relay Relay	10	2	10:47 AM
79	Mixed 13-14 200 Medley SV Relay Relay	9	2	10:52 AM
80	Mixed 15-18 200 Medley SV Relay Relay	13	2	10:57 AM
	Swimmers Counts for Warm-ups: 347	=====	=====	
	Entry / Heat Totals:	654	92	
	Finish Time			11:02 AM

Session 4: Sunday Afternoon Swimmers aged 13 & older

Event	Entries	Heats	Starts at	
81	Girls 13-14 100 Backstroke	25	4	12:30 PM
82	Boys 13-14 100 Backstroke	25	4	12:38 PM
83	Girls 15-18 100 Backstroke	26	4	12:44 PM
84	Boys 15-18 100 Backstroke	31	4	12:51 PM
85	Girls 13-14 50 Butterfly	24	3	12:58 PM
86	Boys 13-14 50 Butterfly	35	5	01:00 PM
87	Girls 15-18 50 Butterfly	29	4	01:04 PM
88	Boys 15-18 50 Butterfly	46	6	01:07 PM
89	Girls 13-14 100 Breaststroke	19	3	01:11 PM
90	Boys 13-14 100 Breaststroke	34	5	01:17 PM
91	Girls 15-18 100 Breaststroke	21	3	01:25 PM
92	Boys 15-18 100 Breaststroke	30	4	01:29 PM
93	Girls 13-14 100 Freestyle	19	3	01:35 PM
94	Boys 13-14 100 Freestyle	38	5	01:39 PM
95	Girls 15-18 100 Freestyle	25	4	01:46 PM
96	Boys 15-18 100 Freestyle	36	5	01:51 PM
97	Mixed 13-14 200 Freestyle JV Relay Relay	16	2	01:57 PM
98	Mixed 15-18 200 Freestyle JV Relay Relay	22	3	02:02 PM
99	Mixed 13-14 200 Freestyle V Relay Relay	10	2	02:08 PM
100	Mixed 15-18 200 Freestyle V Relay Relay	10	2	02:13 PM
101	Mixed 13-14 200 Freestyle SV Relay Relay	6	1	02:17 PM
102	Mixed 15-18 200 Freestyle SV Relay Relay	5	1	02:19 PM
	Swimmers Counts for Warm-ups: 337	=====	=====	
	Entry / Heat Totals:	532	77	
	Finish Time			02:21 PM

Relay Time Standards

	Relay Time Should Fall On or Between These Times	
19 Mixed 8&Under 100 Medley JV Relay	4:59.99	1:33.86
22 Mixed 8&Under 100 Medley V Relay	1:33.85	1:29.28
25 Mixed 8&Under 100 Medley SV Relay	1:29.27	0:00.00
46 Mixed 8&Under 100 Freestyle JV Relay	4:59.99	1:16.59
49 Mixed 8&Under 100 Freestyle V Relay	1:16.58	1:13.22
52 Mixed 8&Under 100 Freestyle SV Relay	1:13.21	0:00.00
20 Mixed 9-10 200 Medley JV Relay		
20 Mixed 9-10 200 Medley JV Relay	4:59.99	2:49.84
23 Mixed 9-10 200 Medley V Relay	2:49.83	2:42.59
26 Mixed 9-10 200 Medley SV Relay	2:42.58	0:00.00
47 Mixed 9-10 200 Freestyle JV Relay	4:59.99	2:23.81
50 Mixed 9-10 200 Freestyle V Relay	2:23.80	2:18.74
53 Mixed 9-10 200 Freestyle SV Relay	2:18.73	0:00.00
21 Mixed 11-12 200 Medley JV Relay		
21 Mixed 11-12 200 Medley JV Relay	4:59.99	2:25.11
24 Mixed 11-12 200 Medley V Relay	2:25.10	2:19.94
27 Mixed 11-12 200 Medley SV Relay	2:19.93	0:00.00
48 Mixed 11-12 200 Freestyle JV Relay	4:59.99	2:04.24
51 Mixed 11-12 200 Freestyle V Relay	2:04.23	2:00.77
54 Mixed 11-12 200 Freestyle SV Relay	2:00.76	0:00.00
75 Mixed 13-14 200 Medley JV Relay		
75 Mixed 13-14 200 Medley JV Relay	4:59.99	2:15.71
77 Mixed 13-14 200 Medley V Relay	2:15.70	2:09.61
79 Mixed 13-14 200 Medley SV Relay	2:09.60	0:00.00
97 Mixed 13-14 200 Freestyle JV Relay	4:59.99	1:54.44
99 Mixed 13-14 200 Freestyle V Relay	1:54.43	1:50.52
101 Mixed 13-14 200 Freestyle SV Relay	1:50.51	0:00.00
76 Mixed 15-18 200 Medley JV Relay		
76 Mixed 15-18 200 Medley JV Relay	4:59.99	2:04.59
78 Mixed 15-18 200 Medley V Relay	2:04.58	2:00.38
80 Mixed 15-18 200 Medley SV Relay	2:00.37	0:00.00
98 Mixed 15-18 200 Freestyle JV Relay	4:59.99	1:45.99
100 Mixed 15-18 200 Freestyle V Relay	1:45.98	1:43.60
102 Mixed 15-18 200 Freestyle SV Relay	1:43.59	0:00.00



2017 GRAL Time Standards—GIRLS

8 & Under										
		<u>Adv</u>	<u>JV</u>	<u>Varsity</u>	<u>SV</u>		<u>Adv</u>	<u>JV</u>	<u>Varsity</u>	<u>SV</u>
M E T E R S		2:31.77	2:12.38	2:04.36	1:57.55	100 IM	2:16.73	1:59.26	1:52.04	1:45.90
		27.85	25.97	25.12	23.68	25 Back	25.09	23.40	22.63	21.34
		32.80	29.81	28.62	27.00	25 Breast	29.55	26.85	25.79	24.32
		31.10	27.34	25.56	23.48	25 Fly	28.02	24.63	23.02	21.15
		23.68	21.82	20.90	19.64	25 Free	21.33	19.66	18.83	17.69
		55.76	50.14	48.01	45.19	50 Free	50.24	45.17	43.25	40.71

9-10										
		<u>Adv</u>	<u>JV</u>	<u>Varsity</u>	<u>SV</u>		<u>Adv</u>	<u>JV</u>	<u>Varsity</u>	<u>SV</u>
M E T E R S		1:50.33	1:42.77	1:38.83	1:33.70	100 IM	1:39.39	1:32.59	1:29.03	1:24.42
		50.06	46.53	44.76	42.81	50 Back	45.10	41.92	40.32	38.56
		56.62	52.99	51.18	48.83	50 Breast	51.01	47.74	46.11	43.99
		53.53	48.89	46.07	43.40	50 Fly	48.22	44.05	41.51	39.10
		42.90	39.84	38.62	36.97	50 Free	38.65	35.89	34.79	33.30
		1:38.09	1:31.50	1:28.28	1:23.11	100 Free	1:28.37	1:22.44	1:19.53	1:14.87

11-12										
		<u>Adv</u>	<u>JV</u>	<u>Varsity</u>	<u>SV</u>		<u>Adv</u>	<u>JV</u>	<u>Varsity</u>	<u>SV</u>
M E T E R S		1:36.19	1:28.93	1:25.43	1:21.13	100 IM	1:26.65	1:20.12	1:16.96	1:13.09
		44.41	41.04	39.50	37.55	50 Back	40.01	36.98	35.58	33.83
		49.10	46.10	44.45	42.64	50 Breast	44.23	41.53	40.04	38.41
		44.05	39.96	38.30	36.25	50 Fly	39.69	36.00	34.51	32.66
		36.95	35.02	33.87	32.38	50 Free	33.29	31.55	30.51	29.17
		1:24.62	1:18.86	1:15.71	1:11.60	100 Free	1:16.23	1:11.04	1:08.21	1:04.51

13-14										
		<u>Adv</u>	<u>JV</u>	<u>Varsity</u>	<u>SV</u>		<u>Adv</u>	<u>JV</u>	<u>Varsity</u>	<u>SV</u>
M E T E R S		1:27.87	1:25.03	1:21.54	1:16.55	100 IM	1:19.16	1:16.60	1:13.46	1:08.97
		40.56	39.18	37.78	36.03	50 Back	36.54	35.30	34.03	32.46
		1:30.52	1:27.04	1:22.73	1:17.18	100 Back	1:21.55	1:18.41	1:14.53	1:09.53
		46.12	44.83	43.15	41.36	50 Breast	41.55	40.39	38.87	37.26
		1:41.31	1:38.27	1:33.92	1:28.59	100 Breast	1:31.27	1:28.53	1:24.61	1:19.81
		39.58	38.04	36.06	34.08	50 Fly	35.66	34.27	32.49	30.70
		1:38.17	1:32.06	1:25.20	1:17.39	100 Fly	1:28.44	1:22.94	1:16.76	1:09.72
		33.96	33.22	32.36	31.11	50 Free	30.60	29.93	29.15	28.03
	1:17.15	1:14.57	1:11.84	1:07.84	100 Free	1:09.50	1:07.18	1:04.72	1:01.12	

15-18										
		<u>Adv</u>	<u>JV</u>	<u>Varsity</u>	<u>SV</u>		<u>Adv</u>	<u>JV</u>	<u>Varsity</u>	<u>SV</u>
M E T E R S		1:26.13	1:23.38	1:20.88	1:16.49	100 IM	1:17.59	1:15.11	1:12.86	1:08.91
		39.47	38.35	36.90	35.30	50 Back	35.56	34.55	33.24	31.80
		1:28.19	1:25.13	1:21.25	1:15.61	100 Back	1:19.45	1:16.69	1:13.20	1:08.12
		45.08	44.10	42.71	40.97	50 Breast	40.62	39.73	38.48	36.91
		1:39.37	1:36.46	1:32.71	1:28.59	100 Breast	1:29.52	1:26.90	1:23.53	1:19.81
		37.83	36.64	35.49	33.76	50 Fly	34.08	33.01	31.98	30.41
		1:31.50	1:27.82	1:23.52	1:14.58	100 Fly	1:22.43	1:19.11	1:15.25	1:07.19
		33.00	32.43	31.62	30.79	50 Free	29.73	29.21	28.49	27.74
	1:14.58	1:12.76	1:10.47	1:06.56	100 Free	1:07.19	1:05.55	1:03.49	59.96	

2017 GRAL Time Standards—BOYS

8 & Under									
METERS						YARDS			
Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	
2:25.87	2:14.58	2:05.08	1:56.81	100 IM	2:11.42	2:01.24	1:52.68	1:45.23	
28.44	26.02	24.90	23.61	25 Back	25.62	23.44	22.43	21.27	
33.73	30.28	28.52	26.87	25 Breast	30.39	27.28	25.69	24.20	
33.62	28.53	26.18	23.43	25 Fly	30.29	25.71	23.59	21.11	
23.06	21.06	20.12	19.14	25 Free	20.77	18.98	18.13	17.24	
54.45	48.68	45.95	43.19	50 Free	49.05	43.85	41.40	38.91	

9-10									
METERS						YARDS			
Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	
1:54.34	1:44.63	1:39.75	1:33.77	100 IM	1:43.01	1:34.26	1:29.87	1:24.47	
51.78	47.52	45.05	42.88	50 Back	46.65	42.81	40.59	38.63	
58.10	54.29	52.08	49.31	50 Breast	52.35	48.91	46.92	44.42	
55.60	49.70	46.98	43.94	50 Fly	50.09	44.77	42.32	39.59	
42.95	40.11	38.46	36.35	50 Free	38.69	36.14	34.65	32.75	
1:39.33	1:32.84	1:27.90	1:21.77	100 Free	1:29.49	1:23.64	1:19.19	1:13.67	

11-12									
METERS						YARDS			
Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	
1:37.33	1:28.85	1:25.58	1:20.46	100 IM	1:27.68	1:20.04	1:17.10	1:12.49	
44.84	40.73	39.18	37.13	50 Back	40.40	36.69	35.30	33.45	
50.00	46.52	44.67	42.82	50 Breast	45.04	41.91	40.24	38.57	
45.28	40.55	38.71	35.76	50 Fly	40.79	36.53	34.87	32.21	
37.05	34.30	33.40	31.50	50 Free	33.38	30.90	30.09	28.38	
1:24.84	1:17.88	1:15.05	1:10.24	100 Free	1:16.44	1:10.16	1:07.61	1:03.28	

13-14									
METERS						YARDS			
Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	
1:26.51	1:22.89	1:18.78	1:13.59	100 IM	1:17.94	1:14.68	1:10.97	1:06.30	
40.87	38.93	36.71	34.52	50 Back	36.82	35.07	33.07	31.10	
1:30.75	1:26.51	1:20.95	1:15.43	100 Back	1:21.75	1:17.94	1:12.93	1:07.95	
44.56	43.01	41.18	38.99	50 Breast	40.15	38.74	37.10	35.13	
1:39.89	1:35.34	1:31.19	1:25.67	100 Breast	1:29.99	1:25.89	1:22.15	1:17.18	
39.07	37.18	34.80	32.66	50 Fly	35.20	33.50	31.35	29.42	
1:38.23	1:30.66	1:23.94	1:15.13	100 Fly	1:28.50	1:21.68	1:15.62	1:07.68	
33.56	31.27	30.11	28.91	50 Free	30.23	28.17	27.12	26.04	
1:14.53	1:12.05	1:09.23	1:04.52	100 Free	1:07.15	1:04.91	1:02.37	58.12	

15-18									
METERS						YARDS			
Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	
1:17.83	1:14.98	1:11.62	1:08.19	100 IM	1:10.11	1:07.55	1:04.52	1:01.43	
36.61	35.04	33.67	31.53	50 Back	32.98	31.56	30.33	28.41	
1:22.59	1:19.12	1:15.34	1:09.14	100 Back	1:14.41	1:11.28	1:07.87	1:02.29	
40.56	39.12	37.92	36.32	50 Breast	36.54	35.24	34.16	32.72	
1:30.04	1:27.05	1:23.92	1:19.19	100 Breast	1:21.12	1:18.42	1:15.60	1:11.35	
33.68	32.42	31.01	29.61	50 Fly	30.34	29.21	27.94	26.68	
1:20.67	1:16.92	1:11.92	1:06.54	100 Fly	1:12.67	1:09.29	1:04.79	59.94	
29.00	28.41	27.79	26.86	50 Free	26.12	25.59	25.04	24.20	
1:07.21	1:05.18	1:01.77	59.52	100 Free	1:00.55	58.72	55.65	53.62	

RAPIDS CAFE MENU

UKROP'S HOMESTYLE FOODS

Individual Sandwiches

- Roasted Turkey and Bacon Wrap...\$6
- Vegetable Wrap...\$6
- Chicken Salad on WHR...\$4
- London Broil on WHR...\$4
- Seasoned Grilled Chicken Breast on WHR...\$4
- All American Sub...\$6
- Italian Style Sub...\$6

Sides

- Mixed Fresh Fruit Cup...\$3
- White WHR - 2pack...\$1.50
- Marinated Cucumber Salad...\$3

Muffins

- Chocolate Chip Muffins...\$2
- Blueberry Muffins...\$2

Cookies

- Jumbo Chocolate Chip Cookie...\$2
- Jumbo Oatmeal Raisin Cookie...\$2
- Rainbow Cookies Grab & Go...\$3

Green Entrée Salads

- Chef Salad...\$6
- Chicken & Bacon Cobb Salad...\$6.50
- Garden Salad...\$5
- Chicken Caesar Salad...\$6

Pasta Salads

- Grilled Chicken Caesar Pasta Salad...\$5
- Mrs. Marshall's Potato Salad...\$4
- Low Fat Broccoli and Pasta Salad...\$4
- Rotini Pasta Salad...\$5

Entrée Bowls

- Fettuccine Alfredo w/grilled chicken...\$6
- Traditional Mac & Cheese...\$6
- Penne w/meat sauce...\$6

PAPA JOHN'S PERSONAL PAN PIZZA'S

- Cheese...\$7
- Pepperoni...\$7

BREAKFAST ITEMS

- Chick-fil-A Chicken Biscuits...\$4
- Chick-fil-A Sausage Biscuits...\$4
- Simple Truth Instant Oatmeal Natural Maple & Brown Sugar...\$2
- Simple Truth Instant Oatmeal Regular...\$2
- Thomas Everything Bagels w/cream cheese...\$2
- Thomas Plain Bagels w/cream cheese...\$2
- Thomas Cinnamon Raisin Bagels w/cream cheese...\$2
- Simple Truth greek yogurt-Strawberry...\$2
- Simple Truth greek yogurt-Blueberry...\$2



SNACK AND SIDE ITEMS

- Simple Truth Uncured Pepperoni Packs...\$3
- Simple Truth Uncured Hard Salami Packs...\$3
- Simple Truth Lunch Kit...\$4.50
- Simple Truth Mac & Cheese Cup...\$2.50
- Simple Truth Popcorn Low Sodium...\$1
- Simple Truth Yogurt covered Raisins (Family Size)...\$5.25
- Simple Truth Sweet & Salty Mix (Family Size)...\$6.25
- Simple Truth Fruit & Nut Trail Mix (Family Size)...\$7.50
- Simple Truth Peanut Butter Crunch Energy Bar...\$2
- Simple Truth Chocolate Chip Energy Bar...\$2
- Simple Truth Protein Bar Double Chocolate...\$2
- Kroger Snack Medley...\$2
- Kroger Sharp Cheddar cheese single serve...\$1
- Kroger Colby Jack cheese single serve...\$1
- Kroger String Cheese...\$1
- Simple Truth Cheese Square Box (Family Size)...\$3.50
- Simple Truth Wheat Snack Crackers Box (Family Size)...\$3.50
- Kroger Mini Cheese Sandwich Crackers...\$1
- Kroger Mini Peanut Butter Sandwich Crackers...\$1
- Simple Truth Cheddar Kangaroos snack Crackers...\$1
- Simple Truth Animal Crackers...\$1
- Simple Truth Fruit Flavored Snacks...\$1
- Kroger Xtreme Trail Mix Granola Bar...\$1
- Kroger Chewy Chocolate Chip Granola Bar...\$1
- Individual cream cheese packets...\$0.50
- M&M Peanut...\$2
- M&M Plain...\$2
- Skittles...\$2
- Peppermint patties...\$0.50

FRUITS & VEGGIES

- Simple Truth Dried Bananas...\$5.50
- Simple Truth Dried Apricots...\$5.50
- Simple Truth Freeze Dried Mangos...\$5.50
- Simple Truth Freeze Dried Strawberry's...\$5.50
- Simple Truth Freeze Dried Strawberry & Bananas...\$5.50
- Kroger Fresh Selections Veggie Tray w/dip...\$3.50
- Simple Truth Cinnamon Applesauce pouches...\$1.50
- Mixed Fresh Fruit Cup...\$3
- Apples...\$1
- Bananas...\$1

DRINKS

- Coffee...\$1
Provided by Coca Cola
- Coca Cola...\$2
- Diet Coke...\$2
- Coke Zero...\$2
- Minute Maid Lemonade...\$2
- Sprite...\$2
- Powerade Orange...\$2
- Powerade Mountain Berry...\$2
- Powerade Fruit Punch...\$2
- Gold Peak Sweet Tea...\$2
- Diet Gold Peak Tea...\$2
- Yup Chocolate Milk...\$2.50
- Dasani Water...\$1.50
- Vitamin Water - XXX...\$2
- Vitamin Water Power C...\$2
- Minute Maid Orange Juice...\$2

Protein Shakes

- Core Power - vanilla...\$4
- Core Power - chocolate...\$4

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