

Attn: Senior and Junior Long Course Participants and Parents:

We will need 24 timers ( & relief timers) per session.  
Based on the entries on Friday.

Friday, July 10<sup>th</sup> am session

RMSC - 10-12 timers

CUBU – 10-12 timers

Fish – 1

Machine – 1

Snow – 1

PM – 1

Hoya – 1

AAC – 1

SDS – 1

**Throughout the course of the Senior Meet**

Aquahoyas - 2

AAC – 2

Curl-Burke Swim Club - 28

Flying Gull – 1

Machine Aquatics – 7

Mason Makos – 2

Occoquan – 1

Potomac Marlins 3

Rockville Montgomery – 27

Sea Devil – 3

Snowbird Aquatics – 4

The Fish – 3

Any other team not listed please consider volunteering – where else can you eat, drink and be merry and partake in the infamous “bend & stretch”!