



## THE TCSD ANNUAL RELAY MEET

**WHEN**  
SATURDAY, 10/14

### WHERE

**12&U @ Holton Arms from 7:30-9:30 am**  
7303 River Rd -- Bethesda, MD

**13&0 @ South Run from 7-9 am**  
7550 Reservation Dr - Springfield, VA

**FEATURING** · Age Group Free · Age Group Medleys · Corkscrew  
· Wet T-Shirt · Cumulative Kickboard · Goggle Balance · Bark-  
ing Dog · Ping Pong Ball Balance

**ALL SITES—MD,  
DC, AND VA TRAINING  
GROUPS COME TO-  
GETHER FOR ONE RE-  
ALLY FUN SESSION!**

**FREE SWAG!!**



**BREAKFAST - AFTER  
RELAY EVENTS**  
Please login to your [Swim  
Portal](#) to RSVP