

2026 DAY OF JOY

CPSL RELAY MEET – HOSTED BY THE PARK FOREST BULLFROGS SWIM TEAM

A DAY DEVOTED TO FUN, ZANY SWIM RELAYS AND A GREAT WAY TO HANG OUT WITH EVERY TEAM IN OUR LEAGUE, ALL WHILE SUPPORTING A LOCAL CAUSE!

WHO'S INVITED:

ALL CPSL SWIMMERS (PARK FOREST, WELCH, SPRA, PENNS VALLEY, BELLEFONTE, JUNIATA VALLEY)

WHEN:

Saturday, JULY 11th, 8:00AM – 12:00 PM (ish)

11 AND UNDER SWIMMERS MUST HAVE A GUARDIAN PRESENT!

Events begin at 8:30AM (ish)

(Start times are approximate, order could change, multiple heats of each event)

WHAT MAKES THE DAY OF JOY THE BEST MEET EVER?

- YOU SWIM RELAY EVENTS ONLY. WE COMBINE AGE GROUPS, GENDERS, FAMILY MEMBERS & TEAMS
- UNUSUAL "EQUIPMENT", FEW EVENTS ARE TRADITIONAL; MOST ARE JUST PLAIN FUN (EVENT LIST ATTACHED).
- ALL TEAM MEMBERS PARTICIPATE. THERE IS NO LIMIT ON THE NUMBER OF EVENTS YOU CAN SWIM. FAMILY MEMBERS CAN JOIN IN THE FUN!
- THE SWAMP SHACK WILL BE OPERATING A FULL CONCESSION STAND WITH AN ASSORTMENT OF BREAKFAST ITEMS. COME HUNGRY! PROCEEDS FROM THE SWAMP SHACK WILL BE DONATED.
- BE PREPARED TO HAVE SO MUCH FUN YOU WILL WANT TO ATTEND EVERY YEAR!

PLEASE RSVP BY TUESDAY, JULY 7TH. THIS HELPS US PLAN OUR FOOD PURCHASES. PLEASE ALSO HAVE ONE VOLUNTEER FROM YOUR TEAM DESIGNATED TO HELP IN SEATING AREA. WE HOPE YOU WILL JOIN US FOR THIS FUN MORNING OF SWIMMING!

DAY OF JOY CPSL RELAY MEET EVENTS

(Start times are approximate, order could change, multiple heats of each event)

8:30 AM 200 Frog paddle relay

Eight swimmers, mixed age and gender. Each swimmer swims one length of the pool. Swimmers must keep their inflatable frog in front of them, but may not carry or hold onto the frog with their hands.

8:50 AM 200 Sweatshirt relay

Eight swimmers, one sweatshirt (supplied). Mixed age and gender. Each swimmer swims one length wearing the sweatshirt, exits the pool, and transfers the sweatshirt to the next swimmer.

9:10 AM 100 Corkscrew relay

Four swimmers, mixed age and gender. Each swimmer swims one length using the "corkscrew" stroke (one arm pull freestyle, one arm pull backstroke).

9:40 AM 200 Inner tube relay

Eight swimmers, one inner tube (supplied). Mixed age and gender. All starts will be in the water. Each swimmer must be on or in the tube and complete one full length before transferring the tube to the next swimmer.

10:00 AM 150 Piggyback relay

Twelve swimmers (six pairs consisting of one 10&under, one 13&up). Mixed gender. Start in the water. Older swimmer carries the younger swimmer on his/her back for one length.

10:20 AM 200 Wheelbarrow relay

Eight swimmers (four pairs), mixed age and gender. Lead swimmer uses arm strokes, trailing swimmer kicks while holding legs of lead swimmer. Each pair swims two lengths.

10:40 AM 200 Three-armed relay

Eight swimmers (four pairs), mixed age and gender. This is the swimming equivalent of the classic "three-legged race." Each pair swims one length. They must have hands joined for their entire portion of the race.

11:00 AM 200 Progressive relay

Eight swimmers, one inner tube (supplied). Mixed age and gender. First swimmer pushes/pulls the tube one length. Second swimmer joins the first swimmer and push the tube another length. Third swimmer joins the first two, and so on. Tubes must touch the wall at the end of each length. All swimmers must keep some body part on/in the tube.

11:20 AM 100 Family Relay

Gather your parents/kids/siblings/friends for your choice of medley or freestyle relays. Four swimmers. Each swims one length of the pool. Everyone is welcome!

11:40 AM 200 Coaches inner tube relay or regular relay

Each coach "swims" one length of the pool in/on an inner tube (supplied). All starts will be in the water. Lane lines will be removed during this event. Team members may kick/splash/make waves from the sides of the pool during the event. **This is a coaches event only!**