

Wednesday, August 11, 2010				
Morning Prelim Session		13-14 & 15-18		
Warm-up: 7:00 a.m.		Prelims: 8:30 a.m.		
Girls	QT	Event	QT	Boys
7	1:04.09	13-14 100 Free	1:00.09	8
9	1:04.09	15-18 100 Free	58.29	10
15	1:24.19	13-14 100 Breast	1:18.59	16
17	1:22.59	15-18 100 Breast	1:14.09	18
21	2:37.39	13-14 200 Fly	2:30.69	22
23	2:31.59	15-18 200 Fly	2:21.29	24
3*	9:54.59	13-14 800 Free	9:42.79	4*
13*	9:48.39	15-18 800 Free	9:14.29	14*
Morning Prelim Session:		10 & U and 11-12		
Warm-up: 7:00 a.m.		Prelims: 8:30 a.m.		
Girls	QT	Event	QT	Boys
1	2:44.09	11-12 200 Back	2:44.29	2
31	1:14.39	10 & U 100 free	1:15.29	32
5	1:06.29	11-12 100 Free	1:06.19	6
33	45.59	10 & U 50 Breast	45.59	34
11	39.49	11-12 50 Breast	39.69	12
35	1:28.89	10 & U 100 Fly	1:30.49	36
19	1:13.79	11-12 100 Fly	1:14.89	20
37	NT	10 & U 400 Free Relay	NT	38
Finals Session:		11-12, 13-14, 15-18		
Warm-up: 4:00 p.m.		Finals: 5:30 p.m.		
Girls		Event		Boys
1		11-12 200 Back		2
3*		13-14 800 free		4*
5		11-12 100 Free		6
7		13-14 100 Free		8
9		15-18 100 Free		10
11		11-12 50 Breast		12
13*		15-18 800 Free		14*
15		13-14 100 Breast		16
17		15-18 100 Breast		18
19		11-12 100 Fly		20
21		13-14 200 Fly		22
23		15-18 200 Fly		24
25		11-12 200 R-Free		26
27		13-14 400 R-Free		28
29		15-18 400 R-Free		30

* The fastest heat (top 8) of each 800 Free will be swum at finals. All other heats of the 800 Free will be swum fastest to slowest, alternating girls and boys and age groups (i.e., 13-14 girls, 13-14 boys, 15-18 girls, 15-18 boys), as the last event in preliminaries following the 200 Fly. All entrants for the 800 will be required to declare, to the Administrative Meet Referee, their intention to swim the event prior to the conclusion of the preliminary warm-up.

Thursday, August 12, 2010				
Morning Prelim Session		13-14 & 15-18		
Warm-up: 7:00 a.m.		Prelims: 8:30 a.m.		
Girls	QT	Event	QT	Boys
41	2:37.09	13-14 200 Back	2:30.79	42
45	2:35.49	15-18 200 Back	2:21.99	46
49	2:18.69	13-14 200 Free	2:11.89	50
51	2:16.99	15-18 200 Free	2:07.69	52
55	5:33.69	13-14 400 IM	5:16.69	56
57	5:30.49	15-18 400 IM	5:07.09	58
Morning Prelim Session:		10 & U and 11-12		
Warm-up: 7:00 a.m.		Prelims: 8:30 a.m.		
Girls	QT	Event	QT	Boys
39	1:16.59	11-12 100 back	1:16.29	40
65	1:26.69	10 & U 100 back	1:26.39	66
43	3:06.99	11-12 200 Breast	3:08.19	44
67	2:41.79	10 & U 200 free	2:41.39	68
47	2:23.89	11-12 200 Free	2:23.79	48
69	37.49	10 & U 50 Fly	38.19	70
53	33.19	11-12 50 Fly	33.29	54
71	NT	10 & U 200 R - Medley	NT	72
Finals Session:		11-12, 13-14, 15-18		
Warm-up: 4:00 p.m.		Finals: 5:30 p.m.		
Girls		Event		Boys
39		11-12 100 Back		40
41		13-14 200 Back		42
43		11-12 200 Breast		44
45		15-18 200 Back		46
47		11-12 200 Free		48
49		13-14 200 Free		50
51		15-18 200 Free		52
53		11-12 50 Fly		54
55		13-14 400 IM		56
57		15-18 400 IM		58
59		11-12 400 R-Medley		60
61		13-14 200 R-Medley		62
63		15-18 200 R-Medley		64

Friday, August 13, 2010				
Morning Prelim Session		13-14 & 15-18		
Warm-up: 7:00 a.m.		Prelims: 8:30 a.m.		
Girls	QT	Event	QT	Boys
73	1:13.59	13-14 100 Back	1:09.69	74
75	1:12.69	15-18 100 Back	1:06.69	76
79	4:50.49	13-14400Free	4:38.39	80
81	4:46.99	15-18 400 Free	4:28.89	82
85	3:00.79	13-14200Breast	2:51.49	86
87	2:56.29	15-18 200 Breast	2:40.79	88
91	1:11.49	13-14100Fly	1:07.09	92
93	1:09.89	15-18100Fly	1:03.69	94
Morning Prelim Session:		10 & U and 11-12		
Warm-up: 7:00 a.m.		Prelims: 8:30 a.m.		
Girls	QT	Event	QT	Boys
101	40.09	10 & U 50 Back	40.29	102
77	35.89	11-1250Back	35.39	78
103	5:40.89	10 & U 400 Free	5:40.89	104
83	5:02.39	11-12400Free	5:04.69	84
105	1:38.79	10 & U 100 Breast	1:38.79	106
89	1:26.69	11-12 100 Breast	1:27.29	90
107	NT	10 & U 200 R - Free	NT	108
Finals Session:		11-12, 13-14, 15-18		
Warm-up: 4:00 p.m.		Finals: 5:30 p.m.		
Girls		Event		Boys
73		13-14100Back		74
75		15-18 100 Back		76
77		11-1250Back		78
79		13-14400Free		80
81		15-18 400 Free		82
83*		11-12 400 Free		84*
85		13-14200Breast		86
87		15-18 200 Breast		88
89		11-12 100 Breast		90
91		13-14100Fly		92
93		15-18100Fly		94
95		11-12400R-Free		96
97		13-14200R-Free		98
99		15-18200R-Free		100

* The fastest heat (top 8) of the 11-12 400 Free will be swum at finals. All other heats of the 11-12 400 Free will be swum in preliminaries.

Saturday, August 14, 2010				
Morning Prelim Session		13-14 & 15-18		
Warm-up: 7:00 a.m.		Prelims: 8:30 a.m.		
Girls	QT	Event	QT	Boys
111	2:37.89	13-14 200 IM	2:28.39	112
113	2:35.89	15-18 200 IM	2:24.59	114
119	29.49	13-1450Free	27.69	120
121	28.89	15-18 50 free	26.99	122
117*	19:11.49	13-14 1500 free	18:37.09	118*
125*	18:46.09	15-18 1500 free	17:46.09	126*
Morning Prelim Session:		10 & U and 11-12		
Warm-up: 7:00 a.m.		Prelims: 8:30 a.m.		
Girls	QT	Event	QT	Boys
109	2:44.39	11-12200Fly	2:44.39	110
133	3:03.59	10 & U 200 IM	3:03.59	134
115	2:43.29	11-12 200 IM	2:43.49	116
135	33.69	10 & U 50 Free	33.89	136
123	30.49	11-12 50 Free	29.99	124
137	NT	10 & U 400 R - Medley	NT	138
Finals Session:		11-12, 13-14, 15-18		
Warm-up: 4:00 p.m.		Finals: 5:30 p.m.		
Girls		Event		Boys
109		11-12200Fly		110
111		13-14 200 IM		112
113		15-18 200 IM		114
115		11-12 200 IM		116
117*		13-141500Free		118*
119		13-1450Free		120
121		15-1850Free		122
123		11-1250Free		124
125*		15-181500Free		126*
127		11-12200R-Medley		128
129		13-14400R-Medley		130
131		15-18400R-Medley		132

* The fastest heat (top 8) of each 1500 Free will be swum at finals. All other heats of the 1500 Free will be swum fastest to slowest, alternating girls and boys and age groups (i.e., 13-14 girls, 13-14 boys, 15-18 girls, 15-18 boys). These heats will swim as the last event in the preliminaries, following the 50 Free. All entrants for the 1500 Free will be required to declare, to the Administrative Meet Referee, their intention to swim the event by 5:30 p.m. Friday evening.