

February 12, 13, & 14 2010

Sanction No. ILS10-0218

Friday, February 12 2010

SESSION 1: Warm-ups start at 5:00 PM
 First splash at 6:00 PM
 (only one event per swimmer)

GIRLS	AGE GROUP	DISTANCE	STROKE	BOYS
1	10& U	200	IM	2
3	11-12	200	IM	4
5	13-14/Senior	400	IM	6
7	10 & U	200	FREE	8
9	11-12	200	FREE	10
11	13-14/Senior	500	FREE	12

Saturday, February 13 2010

SESSION 2: Warm-ups start at 7:00 AM
 First splash at 8:00 AM

13	10 & U	100	FREE	14
15	11-12	100	FREE	16
17	10 & U	50	BREAST	18
19	11-12	50	BREAST	20
21	10 & U	50	BACK	22
23	11-12	50	BACK	24
25	10 & U	100	FLY	26
27	11-12	100	FLY	28
29	10 & U	200	FREE RELAY	30
31	11-12	200	FREE RELAY	32

SESSION 3: Warm-ups start at 12:00PM
 First splash at 1:00 PM

33	8 & U	50	FREE	34
35	13-14/Senior	200	FREE	36
37	8 & U	25	FLY	38
39	13-14/Senior	50	FREE	40
41	8 & U	25	BACK	42
43	13-14/Senior	100	BREAST	44
45	8 & U	100	FREE RELAY	46
47	13-14/Senior	200	FLY	48
49	13-14/Senior	200	BACK	50
51	13-14/Senior	200	FREE RELAY	52

SESSION 4: Warm-ups begin immediately following session 3.
 First splash not before 4 PM

53	Open	1000	FREE	53
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Sunday, February 14 2010

SESSION 5: Warm-ups start at 7:00 AM
 First splash at 8:00 AM

GIRLS	AGE GROUP	DISTANCE	STROKE	BOYS
55	10 & U	100	IM	56
57	11-12	100	IM	58
59	10 & U	100	BREAST	60
61	11-12	100	BREAST	62
63	10 & U	50	FREE	64
65	11-12	50	FREE	66
67	10 & U	50	FLY	68
69	11-12	50	FLY	70
71	10 & U	100	BACK	72
73	11-12	100	BACK	74
75	10 & U	200	MED RELAY	76
77	11-12	200	MED RELAY	78

SESSION 6: Warm-ups start at 12:00PM
 First splash at 1:00 PM

79	8 & U	25	FREE	80
81	13-14/Senior	200	IM	82
83	8 & U	25	BREAST	84
85	13-14/Senior	100	FREE	86
87	8 & U	100	IM	88
89	13-14/Senior	100	FLY	90
91	8 & U	100	MED RELAY	92
93	13-14/Senior	100	BACK	94
95	13-14/Senior	200	BREAST	96
97	13-14/Senior	200	MED RELAY	98

Attention:

- Open events will be scored 13-14 and Senior.
- Session 1 & 4 events may be limited to top 4 heats.
- All 1000 yard swimmers must provide their own timers and lap counters. Events 53 will swim as a mixed event but will be scored separately for girls and boys.
- Heats for session 4 will be run fastest to slowest