

2010 UPPER SOUTHEAST REGIONAL YMCA Short Course Championship Meet

March 19-21, 2010

ORDER OF EVENTS

Friday, March 19, 2010

Preliminary Warm-up:	6:30 a.m.	Finals Warm-up:	5:00 p.m.
Preliminaries:	8:00 a.m.	Finals:	6:00 p.m.

	Girls		Boys
	1 Senior 100 yd. Breaststroke*		2
	3 Senior 200 yd. Freestyle*		4
	5 Senior 100 yd. Butterfly*		6
	7 Senior 200 yd. IM*		8
	9 13-14 400 Medley Relay top 10 @night		10
	11 Senior 400 Medley Relay top 10 @ night		12
	13 Senior 1000 Freestyle** top 10 @night		14

** Top 10 of each gender will swim in Finals session. All others will swim Timed Finals in Prelims.
*13/14 and Senior swimmers will swim together during preliminaries but will compete and score separately in Finals.

Finals order of events			
	15 13-14 200 Free Relay		16
	17 Senior 200 Free Relay		18
	13 Senior 1000 Freestyle		14
	1A 13-14 100 Breaststroke		2A
	1B Senior 100 Breaststroke		2B
	3A 13-14 200 Freestyle		4A
	3B Senior 200 Freestyle		4B
	5A 13-14 100 Fly		6A
	5B Senior 100 Fly		6B
	7A 13-14 200 IM		8A
	7B Senior 200 IM		8B
	9 13-14 400 Medley Relay top 10 @ night		10
	11 Senior 400 Medley Relay top 10 @ night		12

12 & under Warm-up: Not before 12:00 p.m. Timed Finals: Not before 1:00 p.m.

19	11-12 200 yd. Medley Relay		20
21	10 & Under 200 yd. Medley Relay		22
23	11-12 200 yd. Butterfly		24
25	11-12 50 yd. Breaststroke		26
27	10 & Under 50 yd. Breaststroke		28
29	11-12 100 yd. Freestyle		30
31	10 & Under 100 yd. Freestyle		32
33	11-12 100 yd. Backstroke		34
35	10 & Under 100 yd. Backstroke		36
37	12 & Under 500 Freestyle* scored separately swim together		38

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Order of Events

Saturday, March 20, 2010

Preliminary Warm-up:	6:30 a.m.	Finals Warm-up:	5:00 p.m.
Preliminaries:	8:00 a.m.	Finals:	6:00 p.m.
Girls			Boys
39	Senior 400 yd. Individual Medley		40
41	Senior 100 yd. Backstroke		42
43	Senior 50 yd. Freestyle		44
45	Senior 200 yd. Breaststroke		46
47	Senior 100 yd. Backstroke		48
49	Senior 500 yd. Freestyle		50

*13/14 and Senior swimmers will swim together during preliminaries but will compete and score separately in Finals.

Finals			
51	13-14 200 yd. Medley Relay	slow/fast	52
53	Senior 200 yd. Medley Relay	slow/fast	54
39A	13-14 400 yd. Individual Medley		40A
39B	Senior 400 yd. Individual Medley		40B
41A	13-14 100 yd. Backstroke		42A
41B	Senior 100 yd. Backstroke		42B
43A	13-14 50 yd. Freestyle		44A
43B	Senior 50 yd. Freestyle		44B
45A	13-14 200 yd. Breaststroke		46A
45B	Senior 200 yd. Breaststroke		46B
47A	13-14 100 yd. Backstroke		48A
47B	Senior 100 yd. Backstroke		47B
49A	13-14 500 yd. Freestyle		50A
50B	Senior 500 yd. Freestyle		50B

Saturday, March 20, 2010

12 & under Warm-up: Not before 12:00 p.m.		Timed Finals: Not before 1:00 p.m.
Girls		Boys
55	11-12 50 yd. Backstroke	56
57	10 & Under 50 yd. Backstroke	58
59	11-12 200 yd. IM	60
61	10 & Under 200 yd. IM	62
63	11-12 100 yd. Butterfly	64
65	10 & Under 100 yd. Butterfly	66
67	11-12 100 yd. Breaststroke	68
69	10 & Under 100 yd. Breaststroke	70
71	11-12 200 yd. Freestyle	72
73	10 & Under 200 yd. Freestyle Relay	74
75	11-12 200 yd. Freestyle Relay	76

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Sunday, March 21, 2010

Preliminary Warm-ups: 4:00 p.m.	6:30 a.m.	Finals Warm-up:	No later than
Preliminaries: warm-up start	8:00 a.m.	Finals:	1 hour after

Girls		Boys
77	Senior 200 yd. Backstroke	78
79	Senior 100 yd. Freestyle	80
81	Senior 200 yd. Butterfly	82
83	13-14 400 yd. Freestyle Relay all heats in am	84
85	Senior 400 yd. Freestyle Relay all heats in am	86
87	Senior 1650 yd. Freestyle top 10 @night	88

*13/14 and Senior swimmers will swim together during preliminaries but will compete and score separately in Finals.

Finals		
87	Senior 1650	88
77A	13-14 200 yd. Backstroke	78A
77B	Senior 200 yd. Backstroke	78B
79A	13-14 100 yd. Freestyle	80A
79B	Senior 100 yd. Freestyle	80B
81A	13-14 200 yd. Butterfly	82A
81B	Senior 200 yd. Butterfly	82B

12 & under Warm-up: Not before 12:00 p.m.

Timed Finals: Not before 1:00 p.m.

89	11-12 100 yd. Individual Medley	90
91	10 & Under 100 yd. Individual Medley	92
93	11-12 200 yd. Backstroke	94
95	10 & Under 50 yd. Freestyle	96
97	11-12 50 yd. Freestyle	98
99	11-12 200 Breaststroke	100
101	10 & Under 50 yd. Butterfly	102
103	11-12 50 yd. Butterfly	104
105	10 & under 200 Free	106
107	11-12 400 IM	108
109	12 & Under 400 yd. Freestyle Relay	110

*On Sunday, Finals warm-ups will begin as soon as possible following the completion of the 12 & Under session but no later than 4:00 p.m. The Finals session will begin one hour after the start of warm-ups.

2009 Upper Southeast Regional YMCA Short Course Championship Meet Qualifying Times

13-14 Girls	Open Girls	Events	Open Boys	13-14 Boys
29.29	27.89	50 free	25.09	27.39
1:03.99	1:00.79	100 free	54.89	1:00.29
2:17.69	2:10.59	200 free	1:59.39	2:10.59
5:56.19	5:41.49	500 free	5:15.79	5:39.39
11:51.79	11:51.79	1000 free	11:16.69	11:16.69
19:42.39	19:42.39	1650 free	18:54.59	18:54.59
1:14.19	1:10.19	100 back	1:03.29	1:10.29
2:32.89	2:26.29	200 back	2:12.99	2:24.99
1:24.29	1:19.39	100 breast	1:11.79	1:19.79
2:53.99	2:45.19	200 breast	2:31.99	2:45.59
1:12.79	1:07.99	100 fly	1:01.09	1:08.09
2:31.79	2:24.19	200 fly	2:11.19	2:22.69
2:36.09	2:28.49	200 IM	2:15.69	2:27.69
5:12.79	5:00.89	400 IM	4:37.49	4:56.49