

# **2010 SUNKISSED INVITATIONAL JR-SR SWIMMING CHAMPIONSHIPS OF THE USA**

**CHARLOTTE, NC  
March 25-28, 2010**

## **Sanction:**

Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc., Sanction # NC10008.

## **Sponsors:**

Charlotte Swim Association Inc. (d.b.a. Team Charlotte Swimming), & the Mecklenburg County Aquatic Center.

## **Site Info:**

Mecklenburg County Aquatic Center  
800 East Second Street  
Charlotte, NC 28202-2874  
704-336-3483

The competition pool is a 50-meter pool divided by 2 bulkheads creating two 8 lane 25 yard pools for the use of this competition. Non-turbulent lane lines and Paragon starting blocks. Minimum depth is 6 ft. at scoreboard end and 13 ft. at the deep end. Lane widths are nine feet (9'). Seating for 1000 people with ample parking areas within 100 yards of the facility. Colorado 5000 electronic timing system with scoreboard will be used.

## **Rules:**

The meet will be conducted in accordance with the current USA Swimming Code and the North Carolina Swimming Official Handbook and North Carolina Swimming Safety Program, except where rules therein are optional and exceptions are herein stated. The meet will also be governed by the "2010 Sun Kissed Invitational Junior-Senior Swimming Championships of the USA, Rules and Regulations", copy attached.

All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification/registration. Coaches and officials shall prominently display their registration cards while on deck.

## **Classifications:**

Junior Girls, Junior Boys, Senior Girls, Senior Boys

## **Eligibility:**

All swimmers must be registered with USA Swimming, Inc. There is no maximum age for participation; however, all swimmers must meet the eligibility requirements and the USA Swimming Code for Amateur Athletics. To participate in the Junior Section of the meet, a swimmer must not have reached the age of 14 on the first day of the meet and must have met the time standards established. To participate in the Senior Section of the meet, a swimmer must have reached the age of 14 by the first day of the meet and must have met the time standards established.

Any new team requesting entry in the SunKissed Invitational Junior/Senior Swimming Championships must request an official request to attend form from the Meet Director. This form must be filled out and returned with an accompanying check for \$100. This fee is non-refundable, but will be applied to the new team's entry fee if they are accepted and choose to attend the meet.

Before allowing any additional teams from the North Carolina LSC to compete in this meet, permission from the North Carolina Swimming board of Directions must be obtained. Teams will be subject to this rule beginning with the 2010 SunKissed invitational. The following NCS teams have attended and competed at this meet, prior to this amendment to the rules, and will be considered a part of the SunKissed Invitational, thus will not be subject to the above directive:

High Point Swim Club  
Queen City Dolphins  
Fins Aquatic Swim Team  
Team Charlotte Swimming

## Entries:

It is required that meet entries be submitted in Hy-Tek Team Manager format for import directly into the Hy-Tek Meet Manager Program. Please submit a printed output and the attached entry summary sheet. The event file will be posted on our web site at [www.teamcharlotte.com](http://www.teamcharlotte.com).

All relay only swimmers including alternates must be listed on the meet entry forms and pay participation fees.

All methods of entry must include the entry summary sheet and printed output listing the swimmers first and last name, swimmer's age as of March 25, 2010, and specified events and entry times. **All swimmers must be registered as athlete members of USA Swimming at time of entry submittal.** There will be no "On Deck" registration available at this meet. Only properly completed forms with payment of all fees will be accepted.

Entries should include the following:

- Entry Check Sheet
- Official Financial Summary
- Hy-Tek Team Manager format print output **or** completed entries on forms provided in this meet information package.
- Announcers Form for Parade of Teams
- Chaperones Form
- Entry Fee

## Entry Limit:

There is a limit of six (6) individual events and up to four (4) relays in the 4 day period. A swimmer may swim a maximum of only three (3) individual events in one (1) day. Swimmers may swim in one division only.

## Entry Deadline:

Entries must be received by noon Wednesday, March 5, 2010. Please return entries as soon as possible. NO telephone entries. Scratches on swimmers already entered prior to the deadline will be permitted.

**\*NO LATE ENTREES ACCEPTED\***

## Entry Fees:

Make checks payable to: **Team Charlotte Swimming**. Entries will not be accepted unless accompanied by the entry fee. Entry fees should be paid via a team check and forwarded to the meet director as noted below:

\$5.00 per event for all swimmers, \$20.00 per swimmer facility use surcharge, \$10.00 per relay for all groups.

Mail-Entries and checks to:

Garland Hughes [garland4tcs@gmail.com](mailto:garland4tcs@gmail.com)  
2538 Selwyn Avenue

Charlotte, NC 28209  
(704) 367-5003

## Scratches:

Must be submitted and received by the Meet Director by 5:00 pm Friday, March 15, 2010 or swimmer will automatically be scratched to the first six (6) events entered. Scratches from finals must be made according to North Carolina/USA Swimming rules. The North Carolina Swimming scratch rule is in effect.

## Order of Events:

See attachments. All events are preliminaries/finals format.

## Format:

We will be running the preliminaries from both ends of the pool. Breaks will be taken if meet referee deems it necessary so that swimmers can give their maximum efforts.

## Warm-up:

In accordance with the North Carolina Swimming Safety Program, there will be a strict warm-up procedure. It will be followed by all swimmers and coaches attending the meet. The Meet Director will establish and announce details of the warm-up procedure during the Coaches' Check-in Meeting prior to the start of Thursday session warm-ups.

## Time Schedule:

Thursday		Warm-up	3:00 – 4:25 PM	Swimming	4:30 PM
Friday:	Prelims	Warm-up	7:45 - 9:10 AM	Swimming	9:15 AM
	Finals	Warm-up	4:30 - 5:25 PM	Swimming	6:00 PM
Saturday:	Prelims	Warm-up	7:45 - 9:10 AM	Swimming	9:15 AM
	Finals	Warm-up	4:30 - 5:25 PM	Swimming	5:30 PM
Sunday:	Prelims	Warm-up	7:45 - 9:10 AM	Swimming	9:15 AM
	Finals	Warm-up will not begin before 3:00 PM			

## Safety:

The North Carolina Swimming Safety Program is in effect for this meet. Coaches are **expected** to supervise their swimmers at ALL times. All teams are expected to have at least one (1) certified coach on the deck to monitor their swimmers. Each coach is responsible for monitoring his/her team's activities in this area. NO running or horseplay will be tolerated.

Coaches must present a current USA Swimming membership card to the Meet Director to receive their entry package and must display their membership card at all times that they are on deck.

## Scoring:

Will be through 16 places (double the point totals for relays)  
20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

## Awards:

### INDIVIDUAL EVENTS

1 - 8 Medals  
9 - 16 Ribbons

### RELAYS

1 - 4 Medals  
5 - 8 Ribbons

## **TROPHIES**

Girls Team - 1st place, 2nd place, 3rd place  
Boys Team - 1st place, 2nd place, 3rd place  
Combined Team - 1st place, 2nd place, 3rd place  
Team plaque for winner in each division  
Individual high point winner in each division

## **Officials:**

A meeting for all officials will be held 45 minutes prior to the start time for each session in the Hospitality Room. Application as an Officials Qualifying Meet (OQM) [N2 All positions/N3-S&T] has been made to USA Swimming. Officials wishing to be evaluated, please submit a completed evaluation request form (attached) to the Meet Referee, Gene Ashcraft, at [gene.ashcraft@sc-swimming.org](mailto:gene.ashcraft@sc-swimming.org). Evaluation requirements are found at [USA Swimming](#).

## **Coaches' Meeting:**

There will be a Coaches Meeting at 2:30 on Thursday, March 25, 2010, in the Hospitality Room. Meet format and warm-up procedures will be discussed, and the protest committee members will be chosen.

## **Meet Director:**

Garland Hughes, 2538 Selwyn Avenue., Charlotte, NC 28209, 704-367-5003 (O), 704-622-5855 (C)  
E-mail: [garland4tcs@gmail.com](mailto:garland4tcs@gmail.com)

## **Meet Referee:**

Gene Ashcraft  
E-mail: [gene.ashcraft@sc-swimming.org](mailto:gene.ashcraft@sc-swimming.org)

## **Meet Marshals:**

Brook Turner

## **Hospitality:**

A Hospitality Room will be open to coaches and officials.

## **Concessions:**

Food and drink will be available.

## **Coaches/Parents:**

**NO COOLERS WILL BE ALLOWED IN THE POOL AREA. NO GLASS.** No spectators are allowed on the patio side of the pool.

## **Shirts:**

Team Charlotte Swimming will be providing shirts through Fine Designs, Inc.

**Liability Release:**

USA Swimming, Inc., North Carolina Swimming Inc., Charlotte Swim Association (d.b.a. Team Charlotte Swimming), Mecklenburg County Aquatic Center, and Mecklenburg County Parks and Recreation shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

**Volunteers:**

Each team is required to send volunteers to help with the running of the meet. Teams must provide 1 volunteer per session for each 10 swimmers entered. Teams with less than 10 competitors will be required to provide one (1) volunteer per session; 11-20 competitors, two (2) volunteers per session; 21-30 competitors, three (3) volunteers per session; and so on. All volunteers will be assigned as needed by the Meet Director. Any club with certified officials that are interested in working this meet should contact the Meet Director. It is anticipated that most volunteers (other than certified officials) will be utilized as timers.

## ENTRY CHECK SHEET

### 2010 SUN KISSED INVITATIONAL JUNIOR-SENIOR CHAMPIONSHIPS OF THE USA March 25-28, 2010 CHARLOTTE, NC

COMPLETE AND RETURN THIS SHEET WITH YOUR ENTRY. MAKE CERTAIN ALL LISTED ITEMS ARE INCLUDED WITH YOUR ENTRY. INCOMPLETE ENTRIES WILL NOT BE ACCEPTED.

1.	Entry Check Sheet
2.	Official Financial Summary
3.	Announcer's Form
4.	Chaperone Form
5.	Entry Fee

CLUB NAME \_\_\_\_\_ CLUB CODE \_\_\_\_\_ YW or YMCA \_\_\_\_\_

**ENTRY DEADLINE: ENTRIES MUST BE RECEIVED BY NOON WEDNESDAY, MARCH 5, 2010**

MAIL ENTRIES TO: Garland Hughes     [garland4tcs@gmail.com](mailto:garland4tcs@gmail.com)  
2538 Selwyn Avenue  
Charlotte, NC 28209

# 2010 SUN KISSED INVITATIONAL JUNIOR-SENIOR CHAMPIONSHIPS OF THE USA

## OFFICIAL FINANCIAL SUMMARY

TEAM NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_ FAX \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
HEAD COACH \_\_\_\_\_ Email \_\_\_\_\_ TELEPHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
SECOND CONTACT \_\_\_\_\_ Email \_\_\_\_\_ TELEPHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
TEAM COLORS \_\_\_\_\_ NAME \_\_\_\_\_

## FEES

1.) Total number swimmers entered (surcharge)	_____ X	\$ 20.00 =	_____ (Facility charge and NCS)
2.) Total number entries	_____ X	\$ 5.00 =	_____
3.) Total number of relay events	_____ X	\$ 10.00 =	_____
4.) Officials Assessment (per team)		\$50.00 =	_____
<b>Total</b>			_____

Make checks payable to: **Team Charlotte Swimming**

## COACHES STATEMENT

I CERTIFY THAT ALL SWIMMERS ENTERED HERewith ARE BONIFIDE MEMBERS OF THIS TEAM, ASSOCIATION AND THE USS AND HAVE MADE ALL TIME STANDARDS AND MEET ALL THE ELIGIBILITY REQUIREMENTS AND ARE AWARE OF THE RULES, POLICIES AND IDEALS OF THIS MEET.

COACHES SIGNATURE \_\_\_\_\_

## EXECUTIVE DIRECTOR'S STATEMENT

I CERTIFY THAT ALL SWIMMERS ENTERED WITHIN ARE BONIFIDE MEMBERS IN GOOD STANDING OF THIS ASSOCIATION AND TEAM.

EXECUTIVES SIGNATURE \_\_\_\_\_

THIS FORM **MUST** BE RETURNED ALONG WITH THE ENTRY FORMS AND TEAM INFO FORM WITH ALL FEES BY **WEDNESDAY, MARCH 5, 2010 (No Exceptions)**

Mail to: Garland Hughes, 2538 Selwyn Avenue, Charlotte, NC 28209 (704) 367-5003 [garland4tcs@gmail.com](mailto:garland4tcs@gmail.com)

**2010 SUN KISSED INVITATIONAL JUNIOR-SENIOR  
CHAMPIONSHIPS OF THE USA**

**ANNOUNCERS FORM FOR PARADE OF TEAMS AND GRADUATING SENIORS**

PLEASE PRINT LEGIBLY

The \_\_\_\_\_  
(Team Name)  
From \_\_\_\_\_  
(City/State)

Their Head Coach is \_\_\_\_\_

Their Assistant Coaches are:

\_\_\_\_\_  
\_\_\_\_\_

List all Seniors who will be graduating this year

Name	# of Years on Team
_____	_____
_____	_____
_____	_____

# **2010 SUN KISSED INVITATIONAL JUNIOR-SENIOR CHAMPIONSHIPS OF THE USA**

## **Chaperones**

It is the policy of the Executive Meet Committee to have a required number of chaperones. Chaperones may include coaches, parents and team officials/staff traveling with the team. Chaperones may also serve as and be listed on the officials form.

**Chaperones:**

- A. Shall act for and in behalf of their team.
- B. Shall be assigned by each team at the ratio of one (1) per every five (5) swimmers.
- C. Shall submit names and lodging to Meet Director.
- D. Shall know the whereabouts of swimmers at all times, both at the pool in use and at lodging.
- E. Shall supervise behavior and language in keeping with USA SWIMMING guidelines of swimmers attending the meet.
- F. Shall be responsible for swimmers safety as indicated by the rules of this meet.
- G. Shall report any irregularities to appropriate team supervisor.
- H. Shall report to the Meet Director and Executive Meet Committee Chairperson, any irregularities that involve pool facilities or affect the meet directly or indirectly.
- I. Conduct: All athletes are expected to conduct themselves in a manner suitable to normal standards. Acts of vandalism, mischief, stealing or foul language will not be tolerated. Coaches and chaperones are expected to enforce these rules.
- J. The Executive Meet Committee shall review, if necessary, any incident where acts of vandalism, mischief, horseplay, stealing or foul language are reported. This behavior can result in expulsion from the meet.
- K. Alcohol and tobacco products should not be used in the presence of the swimmers.

**Please list your chaperones below**

Team Name \_\_\_\_\_ Number of Swimmers \_\_\_\_\_

Chaperone Name	Number of Swimmers Supervising	Staying At

**2010 SUN KISSED INVITATIONAL JUNIOR-SENIOR  
CHAMPIONSHIPS OF THE USA**

**OFFICIAL TEAM ENTRY APPLICATION**

DATE OF REQUEST \_\_\_\_\_

TODAY'S DATE \_\_\_\_\_

TEAM: \_\_\_\_\_

NICKNAME: \_\_\_\_\_ COLORS: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

HEAD COACH: \_\_\_\_\_

PHONE: HOME: \_\_\_\_\_ WORK: \_\_\_\_\_

FAX: \_\_\_\_\_ E-Mail \_\_\_\_\_

USA SWIMMING CHARTER DATE OF EXPIRATION \_\_\_\_\_

AFFILIATION: YWCA OF: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

ESTIMATED NUMBER OF SWIMMERS THAT WILL PARTICIPATE \_\_\_\_\_

REASON FOR ATTENDING THIS MEET: \_\_\_\_\_

**APPROVALS:**

COORDINATOR OF TEAM SELECTION/APPROVAL COMMITTEE

\_\_\_\_\_ DATE \_\_\_\_\_

NOTE. THE ABOVE SIGNATURE INDICATES THE COORDINATOR HAS THE APPROVAL OF THE COMMITTEE FOR THE ABOVE TEAMS PARTICIPATION.

MEET DIRECTOR \_\_\_\_\_ DATE \_\_\_\_\_

Garland Hughes [garland4tcs@gmail.com](mailto:garland4tcs@gmail.com)  
2538 Selwyn Avenue  
Charlotte, NC 28209  
(704) 367-5003

# **2010 SUNKISSED INVITATIONAL JUNIOR-SENIOR CHAMPIONSHIPS**

**THURSDAY, MARCH 25, 2010**

WARM-UP 3:00 PM - START 4:30 PM

All individual events are timed finals. All relays are timed-finals.

## **PRELIMINARY EVENTS DAY ONE**

<b>NUMBER</b>	<b>EVENT</b>	<b>QUALIFYING TIME</b>
1	Senior Girls 1000 Yard Freestyle	12:26.0
2	Senior Boys 1000 Yard Freestyle	11:59.0
3	Junior Girls 500 Yard Freestyle	6:25.0
4	Junior Boys 500 Yard Freestyle	6:32.0
5	Senior Girls 200 Yard Medley Relay	NT
6	Senior Boys 200 Yard Medley Relay	NT
7	Junior Girls 200 Yard Medley Relay	NT
8	Junior Boys 200 Yard Medley Relay	NT

**AWARDS PRESENTATION**

# 2010 SUNKISSED INVITATIONAL JUNIOR-SENIOR CHAMPIONSHIPS

FRIDAY, MARCH 26, 2010

PRELIMINARIES WARM-UP 7:45 AM - START 9:15 AM  
FINALS WARM-UP 4:30 PM - START 6:00 PM  
(OPENING CEREMONIES WITH PARADE OF TEAMS 5:30 PM)  
All individual events are prelim/finals. All relays are timed-finals.

## PRELIMINARY EVENTS DAY TWO

NUMBER	EVENT	QUALIFYING TIME
9	Junior Girls 200 Yard Backstroke	2:34.20
10	Junior Boys 200 Yard Backstroke	2:38.40
11	Senior Girls 100 Yard Breaststroke	1:20.00
12	Senior Boys 100 Yard Breaststroke	1:16.00
13	Junior Girls 100 Yard Breaststroke	1:23.00
14	Junior Boys 100 Yard Breaststroke	1:24.00
15	Senior Girls 200 Yard Freestyle	2:13.20
16	Senior Boys 200 Yard Freestyle	2:07.50
17	Junior Girls 200 Yard Freestyle	2:20.20
18	Junior Boys 200 Yard Freestyle	2:22.20
19	Senior Girls 100 Yard Butterfly	1:08.50
20	Senior Boys 100 Yard Butterfly	1:05.50
21	Junior Girls 100 Yard Butterfly	1:17.00
22	Junior Boys 100 Yard Butterfly	1:18.00
23	Senior Girls 200 Yard Individual Medley	2:30.00
24	Senior Boys 200 Yard Individual Medley	2:28.00
25	Junior Girls 400 Yard Medley Relay	NT
26	Junior Boys 400 Yard Medley Relay	NT
27	Senior Girls 400 Yard Medley Relay	NT
28	Senior Boys 400 Yard Medley Relay	NT

## FINALS PROGRAM DAY TWO CONSOLATION & FINALS — \*Bonus Heat

25	One Heat	Junior Girls 400 Yard Medley Relay – Fastest 8 Seeded (Timed Finals)
26	One Heat	Junior Boys 400 Yard Medley Relay – Fastest 8 Seeded (Timed Finals)
11	*	Senior Girls 100 Yard Breaststroke
12	*	Senior Boys 100 Yard Breaststroke
13	*	Junior Girls 100 Yard Breaststroke
14	*	Junior Boys 100 Yard Breaststroke
15		Senior Girls 200 Yard Freestyle
16		Senior Boys 200 Yard Freestyle
17		Junior Girls 200 Yard Freestyle
18		Junior Boys 200 Yard Freestyle
19	*	Senior Girls 100 Yard Butterfly
20	*	Senior Boys 100 Yard Butterfly
21	*	Junior Girls 100 Yard Butterfly
22	*	Junior Boys 100 Yard Butterfly
23		Senior Girls 200 Yard Individual Medley
24		Senior Boys 200 Yard Individual Medley
9		Junior Girls 200 Yard Backstroke
10		Junior Boys 200 Yard Backstroke
27	One Heat	Senior Girls 400 Yard Medley Relay – Fastest 8 Seeded (Timed Finals)
28	One Heat	Senior Boys 400 Yard Medley Relay – Fastest 8 Seeded (Timed Finals)

There shall be a minimum of two hours between the last heat of the Preliminary session and the start of the first race in the Finals session. In the event of weather related postponements, adjustments or other unforeseen events, the Meet Director shall have the authority to act and reschedule or reformulate the structure of the meet.

# 2010 SUNKISSED INVITATIONAL JUNIOR-SENIOR CHAMPIONSHIPS

SATURDAY, MARCH 27, 2010

PRELIMINARIES WARM-UP 7:45 AM - START 9:15 AM

FINALS WARM-UP 4:30 PM - START 6:00 PM

SENIOR RECOGNITION - 5:30 PM

All individual events are prelim/finals. All relays are timed-finals.

## PRELIMINARY EVENTS DAY THREE

NUMBER	EVENT	QUALIFYING TIME
33	Senior Girls 50 Yard Freestyle	27.50
34	Senior Boys 50 Yard Freestyle	25.50
29	Junior Girls 200 Yard Butterfly	2:49.50
30	Junior Boys 200 Yard Butterfly	2:40.00
31	Senior Girls 500 Yard Freestyle	5:59.00
32	Senior Boys 500 Yard Freestyle	5:45.00
35	Junior Girls 50 Yard Freestyle	29.00
36	Junior Boys 50 Yard Freestyle	29.50
37	Senior Girls 200 Yard Breaststroke	2:55.50
38	Senior Boys 200 Yard Breaststroke	2:45.00
39	Junior Girls 200 Yard Individual Medley	2:38.00
40	Junior Boys 200 Yard Individual Medley	2:40.00
41	Senior Girls 200 Yard Backstroke	2:32.00
42	Senior Boys 200 Yard Backstroke	2:29.00
43	Junior Girls 400 Yard Freestyle Relay	NT
44	Junior Boys 400 Yard Freestyle Relay	NT
45	Senior Girls 400 Yard Freestyle Relay	NT
46	Senior Boys 400 Yard Freestyle Relay	NT

## FINALS PROGRAM DAY THREE

### CONSOLATION & FINALS — \*Bonus Heat

43	One Heat	Junior Girls 400 Yard Freestyle Relay - Fastest 8 Seeded (Timed Finals)
33	*	Senior Girls 50 Yard Freestyle
34	*	Senior Boys 50 Yard Freestyle
44	One Heat	Junior Boys 400 Yard Freestyle Relay - Fastest 8 Seeded (Timed Finals)
31		Senior Girls 500 Yard Freestyle
32		Senior Boys 500 Yard Freestyle
35	*	Junior Girls 50 Yard Freestyle
36	*	Junior Boys 50 Yard Freestyle
37		Senior Girls 200 Yard Breaststroke
38		Senior Boys 200 Yard Breaststroke
39		Junior Girls 200 Yard Individual Medley
40		Junior Boys 200 Yard Individual Medley
41		Senior Girls 200 Yard Backstroke
42		Senior Boys 200 Yard Backstroke
29		Junior Girls 200 Yard Butterfly
30		Junior Boys 200 Yard Butterfly
45	One Heat	Senior Girls 400 Yard Freestyle Relay - Fastest 8 Seeded (Timed Finals)
46	One Heat	Senior Boys 400 Yard Freestyle Relay - Fastest 8 Seeded (Timed Finals)

There shall be a minimum of two hours between the last heat of the Preliminary session and the start of the first race in the Finals session. In the event of weather related postponements, adjustments or other unforeseen events, the Meet Director shall have the authority to act and reschedule or re-formulate the structure of the meet.

# 2010 SUNKISSED INVITATIONAL JUNIOR-SENIOR CHAMPIONSHIPS

SUNDAY MARCH 28, 2010

PRELIMINARIES WARM-UP 7:45 AM - START 9:15 AM

FINALS WARM-UP will not begin before 3:00 PM

All individual events are prelim/finals. All relays are timed-finals.

## PRELIMINARY EVENTS DAY FOUR

NUMBER	EVENT	QUALIFYING TIME
47	Junior Girls 200 Yard Breaststroke	2:57.50
48	Junior Boys 200 Yard Breaststroke	2:53.60
49	Senior Girls 400 Yard Individual Medley	5:40 00
50	Senior Boys 400 Yard Individual Medley	5:24.50
51	Junior Girls 100 Yard Individual Medley	1:13.50
52	Junior Boys 100 Yard Individual Medley	1:14.50
53	Senior Girls 100 Yard Backstroke	1:10.00
54	Senior Boys 100 Yard Backstroke	1:07.50
55	Junior Girls 100 Yard Backstroke	1:15.40
56	Junior Boys 100 Yard Backstroke	1:17.00
57	Senior Girls 200 Yard Butterfly	2:47.50
58	Senior Boys 200 Yard Butterfly	2:29.00
59	Junior Girls 100 Yard Freestyle	1:03.00
60	Junior Boys 100 Yard Freestyle	1:04.00
61	Senior Girls 100 Yard Freestyle	1:00.00
62	Senior Boys 100 Yard Freestyle	55.50
63	Junior Girls 200 Yard Free Relay	NT
64	Junior Boys 200 Yard Free Relay	NT
65	Senior Girls 200 Yard Free Relay	NT
66	Senior Boys 200 Yard Free Relay	NT

## FINALS PROGRAM DAY FOUR

### CONSOLATION & FINALS — \* Bonus Heat

63	One Heat	Junior Girls 200 Yard Free Relay - Fastest 8 Seeded (Timed Finals)
64	One Heat	Junior Boys 200 Yard Free Relay - Fastest 8 Seeded (Timed Finals)
49		Senior Girls 400 Yard Individual Medley
50		Senior Boys 400 Yard Individual Medley
51	*	Junior Girls 100 Yard Individual Medley
52	*	Junior Boys 100 Yard Individual Medley
53	*	Senior Girls 100 Yard Backstroke
54	*	Senior Boys 100 Yard Backstroke
55	*	Junior Girls 100 Yard Backstroke
56	*	Junior Boys 100 Yard Backstroke
57		Senior Girls 200 Yard Butterfly
58		Senior Boys 200 Yard Butterfly
59	*	Junior Girls 100 Yard Freestyle
60	*	Junior Boys 100 Yard Freestyle
61	*	Senior Girls 100 Yard Freestyle
62	*	Senior Boys 100 Yard Freestyle
47		Junior Girls 200 Yard Breaststroke
48		Junior Boys 200 Yard Breaststroke
65	One Heat	Senior Girls 200 Yard Free Relay - Fastest 8 Seeded (Timed Finals)
66	One Heat	Senior Boys 200 Yard Free Relay - Fastest 8 Seeded (Timed Finals)

There shall be a minimum of two hours between the last heat of the Preliminary session and the start of the first race in the Finals session. In the event of weather related postponements, adjustments or other unforeseen events, the Meet Director shall have the authority to act and reschedule or re-formulate the structure of the meet.