

9-10 SILVER/BRONZE CHAMPIONSHIPS SOUTH 2010

ORDER OF EVENTS

SATURDAY, FEBRUARY 27, 2010

SESSION #1 – 10 yr. Old Girls and 9 yr. Old Boys:

Warm –Up: 7:25 a.m. (Split Warm-up: Three 20 minute warm-ups divided by teams followed by one 10 minutes = 6 one way sprint lanes for all teams. Meet Starts: 8:40 a.m.

Girls Evt. #	Time Stand.: Slower Than:	Age Group Event	Age Group Event	Time Stand.: Slower Than:	Boys Evt. #
#1	N/A	10 yr. Old Girls – 200 yd. Medley Relay	9 yr. Old Boys – 200 yd. Medley Relay	N/A	#2
#3	1.21.09	10 yr. Old Girls –100 yd IM	9 yr. Old Boys –100 yd IM	1.21.99	#4
#5	1.11.49	10 yr. Old Girls –100 yd Free	9 yr. Old Boys –100 yd Free	1.11.69	#6
#7	37.59	10 yr. Old Girls –50 yd Back	9 yr. Old Boys –50 yd Back	37.99	#8
#9	1.27.29	10 yr. Old Girls –100 yd Butterfly	9 yr. Old Boys –100 yd Butterfly	1.27.69	#10
#11	42.79	10 yr. Old Girls –50 yd Breast	9 yr. Old Boys –50 yd Breast	43.99	#12

SESSION #2 – 9-10 Girls & Boys 500 Free:

Warm –Up: TBA (at the conclusion of session #1 – 30 minute warm-up)

Girls Evt. #	Time Stand.: Slower Than:	Age Group Event	Time Stand.: Slower Than:	Boys Evt. #
#13	7.10.89	9-10 500 Freestyle+	7.10.89	#14

+ - These events will be run fastest to slowest alternating girls and boys

SESSION #3 - 9 yr. Old Girls and 10 yr. Old Boys:

Warm –Up: TBA (approximately 15 minutes after session #2 - (Split Warm-up: Three 20 minute warm-ups divided by teams followed by one 10 minutes = 6 one way sprint lanes for all teams.

Meet Starts: TBA (75 minutes after start of Warm-ups:)

Girls Evt. #	Time Stand.: Slower Than:	Age Group Event	Age Group Event	Time Stand.: Slower Than:	Boys Evt. #
#15	N/A	9 yr. Old Girls – 200 yd. Medley Relay	10 yr. Old Boys – 200 yd. Medley Relay	N/A	#16
#17	1.21.09	9 yr. Old Girls –100 yd IM	10 yr. Old Boys –100 yd IM	1.21.99	#18
#19	1.11.49	9 yr. Old Girls –100 yd Free	10 yr. Old Boys –100 yd Free	1.11.69	#20
#21	37.59	9 yr. Old Girls –50 yd Back	10 yr. Old Boys –50 yd Back	37.99	#22
#23	1.27.29	9 yr. Old Girls –100 yd Butterfly	10 yr. Old Boys –100 yd Butterfly	1.27.69	#24
#25	42.79	9 yr. Old Girls –50 yd Breast	10 yr. Old Boys –50 yd Breast	43.99	#26

SUNDAY, February 28, 2010

SESSION #4 – 10 yr. Old Girls and 9 yr. Old Boys:

Warm –Up: 7:25 a.m. (Split Warm-up: Three 20 minute warm-ups divided by teams followed by one 10 minutes = 6 one way sprint lanes for all teams. Meet Starts: 8:40 a.m.

Girls Evt. #	Time Stand.: Slower Than:	Age Group Event	Age Group Event	Time Stand.: Slower Than:	Boys Evt. #
#27	N/A	10 yr. Old Girls – 200 yd. Free Relay	9 yr. Old Boys – 200 yd. Free Relay	N/A	#28
#29	3.00.59	10 yr Old Girls 200 Individual Medley	9 Old Boys 200 Individual Medley	3.02.19	#30
#31	2.39.99	10 yr. Old Girls –200 yd Free	9 yr. Old Boys –200 yd Free	2.40.79	#32
#33	1.22.19	10 yr. Old Girls –100 yd Back	9 yr. Old Boys –100 yd Back	1.23.69	#34
#35	36.49	10 yr. Old Girls –50 yd Butterfly	9 yr. Old Boys –50 yd Butterfly	37.59	#36
#37	1.34.09	10 yr. Old Girls –100 yd Breaststroke	9 yr. Old Boys –100 yd Breaststroke	1.37.09	#38
#39	31.69	10 yr. Old Girls –50 yd Free	9 yr. Old Boys –50 yd Free	31.79	#40

SESSION #5 - 9 yr. Old Girls and 10 yr. Old Boys:

Warm –Up: TBA (approximately 15 minutes after session #2 - (Split Warm-up: Three 20 minute warm-ups divided by teams followed by one 10 minutes = 6 one way sprint lanes for all teams.

Meet Starts: TBA (75 minutes after start of Warm-ups:)

Girls Evt. #	Time Stand.: Slower Than:	Age Group Event	Age Group Event	Time Stand.: Slower Than:	Boys Evt. #
#41	N/A	9 yr. Old Girls – 200 yd. Free Relay	10 yr. Old Boys – 200 yd. Free Relay	N/A	#42
#43	3.00.59	9 yr Old Girls 200 Individual Medley	10 yr. Old Boys 200 Individual Medley	3.02.19	#44
#45	2.39.99	9 yr. Old Girls –200 yd Free	10 yr. Old Boys –200 yd Free	2.40.79	#46
#47	1.22.19	9 yr. Old Girls –100 yd Back	10 yr. Old Boys –100 yd Back	1.23.69	#48
#49	36.49	9 yr. Old Girls –50 yd Butterfly	10 yr. Old Boys –50 yd Butterfly	37.59	#50
#51	1.34.09	9 yr. Old Girls –100 yd Breaststroke	10 yr. Old Boys –100 yd Breaststroke	1.37.09	#52
#53	31.69	9 yr. Old Girls –50 yd Free	10 yr. Old Boys –100 yd Free	31.79	#54