

**2010 EASTERN ZONE
LC AGE GROUP ALL STAR
SWIMMING COMPETITION
AUGUST 11-14, 2010**

Sponsor / Host	USA Swimming, Inc. and Potomac Marlins	
Sanction #	PVZ-10-402	
Meet Directors	Bill Marlin (13 – 18 Prelims / Finals) 3212 Allness Lane Herndon VA, 20171 571-334-0987 (cell) coach_bill@verizon.net	Terri Marlin (12 & Unders) 3212 Allness Lane Herndon VA, 20171 571-334-0987 (cell) marlinswimming@verizon.net
Location	<p>Site for 13-18 Prelims and all Finals</p> <p>#1 - Montgomery Aquatic Center – 5900 Executive Boulevard Rockville, MD 20852-2756 (301) 468-4211</p> <p>Directions: From Capital Beltway (I-495), go to exit #36 for Old Georgetown Pike (MD 187) Go North on Old Georgetown Pike to Nicholson Lane. Turn right, go one block and turn left onto Executive Drive. Pool is one block ahead on left.</p> <p>From I-270, exit at Montrose Rd. Proceed east to East Jefferson Street. East Jefferson Street becomes Executive Drive. Go across Georgetown Pike. Pool is on right at next intersection with Marinelli Road</p> <p>Site for 12&U Prelims and Timed Finals</p> <p>#2 - Rockville Municipal Swim Center - 355 Martins Lane Rockville, MD 20850 (240) 314-8750</p> <p>Directions: I-270 to Exit 6 (Rt 28 East - W. Montgomery Ave). From South - Go straight through the light onto Nelson Street. From North - Turn left on W. Montgomery, then left on Nelson Street. Go about 1.2 miles on Nelson to the first traffic light. Go straight through the light. The street changes names from Nelson to Martins Lane. Access to Swim Center is via next two driveways on the right.</p>	
Facilities	<p>Montgomery Aquatic Center - Indoor 50 Meter pool with 8 Lanes for competition. No warm-up / cool-down area. Spectator seating is limited.</p> <p>Rockville Municipal Swim Center - Outdoor 50 Meter pool with 8 Lanes for competition. Outdoor 4 lane 15 yd area for continuous warm-up / cool-down until 12:00 pm Two large shade tents will be erected for athletes. It is encouraged that teams bring shade tents for their 12 & Under athletes.</p> <p>In the event of lightning, all patrons at the Rockville Swim Center must clear the pool and deck area. Swim meet participants should seek shelter either in their team busses or family vehicle. The indoor complex will not be available for this purpose. The meet will resume as soon as the Rockville Swim</p>	
Venues	10 & U swim timed finals and 11-12's swim prelims at the Rockville Municipal Swim Center. 13 – 18 swim prelims at the Montgomery Aquatic Center All evening finals will be held at the Montgomery Aquatic Center	
Rules	This meet will be governed by current USA Swimming, Inc. rules. Dive over starts may be used.	
Events	The meet will be conducted in accordance with the enclosed Schedule of Events Warm-up / Cool-down breaks will be taken at the MAC pool during the 13-18 Prelims and during Finals.	
Entry Procedures	<ul style="list-style-type: none"> • Individual events are \$8.00 per entry, Relays are \$10.00 per entry. • Entry times MUST be in LC Meters. • Entry MUST be done by Hy-Tek CL2 or HY3 file or sdf file. • A printout of the entry should be sent with the e-mailed file. 	

	<ul style="list-style-type: none"> • All entry checks should be mailed to Bill Marlin. • Checks should be made payable to: Marlin Meet Management
	<ul style="list-style-type: none"> • Individual swimmers MUST enter through their LSC!! • Completed entries should be sent by e-mail. • Backup documentation and the check for entry fees should be mailed to: Bill Marlin 3212 Allness Lane Herndon, VA 20171 571-334-0987 Coach_bill@verizon.net
Entry Deadline	Tuesday, August 3, 2010 at 11:59 p.m. This is an absolute deadline that has been set as late as possible while still allowing time to print the meet programs. Entry disks and fees must be received by the meet director (Bill Marlin) no later than the above date and NO FAX OR TELEPHONE ENTRIES WILL BE ACCEPTED!
Proof Of Times	All swimmers must be entered with their actual time. This time must have been achieved by the swimmer between August 12, 2008 and July 31, 2010. Verification of times for all events (excluding relays) is required. Times submitted will be automatically verified through the USA Swimming SWIMS database. Acceptable proof of times shall include any USA Swimming sanctioned, approved or observed competition. Teams entering with times not in the SWIMS database shall be required to prove the time NLT the end of warm-ups on the day of the event. Swimmers with an unproved time will not be allowed to swim the event. Official meet results from any meet previously described shall only be accepted. ANY TIMES NOT ABLE TO BE PROVEN ARE SUBJECT TO A FINE. It is understood that the LSC's entering only the guaranteed minimum of two (2) swimmers in an event are exempt from proof of time. No converted times are allowed for entry into this meet.
Entry Eligibility	<ul style="list-style-type: none"> • Each swimmer must be a 2010 USA swimming registered athlete in the LSC which he/she represents. • Each swimmer must be entered by the LSC prior to the entry deadline. • Competition is restricted to eastern Zone LSC's. • Each LSC may enter all swimmers who have achieved the time standard. If an LSC does not have two (2) swimmers who have achieved the time standard, the LSC may enter no more than two (2) swimmers in that event. These swimmers shall be entered with their actual time. All entry times must be LC Meters. • Each swimmer maybe entered into a total of six (6) events in the meet, exclusive of relays, not to exceed three (3) individual events per day. No relay only swimmers are allowed. Relays must be made up of swimmers competing in the meet in individual events.

2010 EASTERN ZONE MAXIMUM QUALIFYING TIMES FOR ZONE MEETS

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
26.99	26.29	24.09	50 FREESTYLE	21.59	23.49	24.29
58.59	56.99	52.19	100 FREESTYLE	46.89	51.89	53.09
2:06.19	2:02.99	1:52.09	200 FREESTYLE	1:42.49	1:53.39	1:55.89
4:24.69	4:18.29	4:57.09	400/500 FREESTYLE	4:36.59	4:00.79	4:07.09
9:03.49	8:50.69	10:14.39	800/1000 FREESTYLE	9:36.29	8:19.49	8:35.59
17:20.49	16:58.49	17:00.99	1500/1650 FREESTYLE	16:03.49	15:51.49	16:15.49
1:05.69	1:04.49	57.79	100 BACKSTROKE	52.19	55.99	1:00.09
2:20.99	2:18.59	2:04.19	200 BACKSTROKE	1:53.09	2:01.99	2:09.59
1:14.29	1:12.29	1:05.29	100 BREASTSTROKE	58.69	1:05.09	1:07.79
2:39.99	2:34.99	2:21.39	200 BREASTSTROKE	2:07.99	2:18.09	2:27.59
1:03.59	1:02.19	57.29	100 BUTTERFLY	51.19	55.99	57.39
2:19.69	2:16.89	2:05.69	200 BUTTERFLY	1:53.99	2:05.59	2:08.39
2:23.09	2:19.89	2:06.89	200 IM	1:54.59	2:08.19	2:11.39
5:02.09	4:55.69	4:28.49	400 IM	4:04.09	4:32.59	4:38.99

Notes:

1. The SCY times are based upon the 2009 SCY Jr. National Championships
The LCM times are based upon the 2009 Jr. National Championships
The SCM times are based on the slowest time between the LCM Jr. National Championships.

2. 13-18 swimmers may not enter the 2010 Zone meet (either SC or LC) if they have a QT in **any event** equal to or faster than the above times if it was achieved prior to July 31, 2010.
3. 12&U swimmers may not enter the Zone meet if they have participated in an individual event in any of the above meets, USA Swimming Nationals, or Trials Class Meet.

Entry Substitutions	<ul style="list-style-type: none"> • Each LSC is entitled to substitutions only in the event that fewer than two (2) swimmers would be available to compete in an event. • Swimmers used for entry substitutions must be already entered in the meet. • No adjustments in seeding will be made to accommodate the substitution. • The entry deadline for substitutions will be thirty (30) minutes prior to the start of each session. • A form for making substitutions will be provided in the manager's packet.
Seeding	This is a pre-seeded meet. Eight (8) swimmers will advance to the finals for Prelim / Final Events.
Scratches	The scratch procedure will be done in accordance with USA Swimming rules 207.12.6.D & E. Scratches from Finals should be turned in on the prescribed form to the Admin. Referee no later than 30 minutes following the announcement of the preliminary results. Please turn in scratches for Prelims and Timed Finals events to the Admin. Referee prior to the start of each session. There is no penalty for missing a Prelims or Timed Finals event.
Awards	<ul style="list-style-type: none"> • Individual Events – Medals 1st thru 8th place. • Relays–Medals 1st thru 3rd place. • Team Awards – A Championship Banner (traveling) will be awarded to: <i>The Winning Girls Team</i> <i>The Winning Boys Team</i> <i>The Winning Overall Team</i> (The current winner of the award banner should bring it to the meet) <p>Individual Awards: Members of the overall Championship Team will receive a pin and Championship certificate.</p> <p>Participants: All participants will receive a Participation Certificate.</p> <p>Record Breakers: All record breakers will receive a Commemorative Certificate.</p>
Scoring	Individual Events: 9-7-6-5-4-3-2-1 (1 st thru 8 th) Relays: 18-14-12-10-8-6-4-2 (1 st thru 8 th)
Starting Times	All days (subject to change, pending entry numbers) 12 & U events: warm-up: 7:00 a.m. Prelims start at 8:30 a.m. at Rockville Municipal Swim Center. 13-18 events: warm-up: 7:00 a.m. Prelims start at 8:30 a.m. at Montgomery Aquatic Center
Finals	ALL FINALS SESSIONS WILL BEGIN AT 5:30 P.M. Warm-up for finals will begin at 4:00 p.m. at the Montgomery Aquatic Center.
Relays	All relays will be conducted as timed finals in the evening Finals sessions, with the exception of 10 & U relays, which will swim as timed finals in the Preliminary session at Rockville Municipal Swim Center. Each LSC is limited to two (2) relays per event.
Warm-ups	Lanes for warm-ups will be assigned for each LSC. There will be no diving from the blocks unless the Site Referee has designated that lane as a one way sprint lane. No paddles or ancillary equipment may be used during the official warm-up period. LSC's are expected to monitor their assigned lanes to ensure a safe warm-up procedure.
Meet Marshals	Meet Marshals have full authority through the Meet Referee for safety and good order throughout the venues at all times. Swimmers, coaches, and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions
Protests	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Site Referee during Prelims or to the Meet Referee during Finals. Protests regarding eligibility as stated in Rule 102.11 will not be accepted from anyone other than the Team Manager or his / her designee. The Meet Jury will consist of the Meet Director, the Meet Referee and depending on the session in which the protest originated, an Athlete, a Coach and a Team Manager appointed by their LSC when a Meet Jury is called according to the following:

Session	1	2	3	4	5	6	7	8	9	10	11	12
Athlete	AD	AM	CT	MA	MD	ME	MR	NE	NJ	NI	PV	VA
Coach	AM	CT	MA	MD	ME	MR	NE	NJ	NI	PV	VA	AD
Team Mgr.	CT	MA	MD	ME	MR	NE	NJ	NI	PV	VA	AD	AM

If the designated LSC is an interested party to the protest, Meet Jury representation will be made by the next disinterested LSC in the rotation. Any member of the Meet Coordination Committee may provide support to the Meet Jury as an Ex-officio member at the Meet Director's discretion.

Officials	The Meet Referee will be:
	<p>All certified officials are welcome to officiate at this meet. An application to work is available at the Eastern Zone website – http://www.pvswim.org/eastzone/index.html. Applications are due to the EZ Officials Chair NLT July 14, 2010 to be considered for assigned positions and 1 August 2010 for all others. Officials that have not submitted an application and who would like to work are welcome to walk on by attending the Official’s Briefing held one hour before the start of each session at each pool.</p> <p>This meet will be designated an Officials Qualifying Meet (OQM). Evaluations will be performed for officials wanting to advance to N2 or N3 in all positions or for those who want to renew their current certifications. Please indicate your request for evaluation on your application to work prior to the meet.</p>
Conduct	<p>The Eastern Zone Rules of Conduct will apply. Proper conduct at all times will be enforced by coaches, chaperones, parents, meet marshals and meet directors. ANY SWIMMER FOUND IN OUT-OF-BOUNDS AREAS WILL BE BARRED FROM THE REMAINDER OF THE MEET. Any issues of conduct which occur within the meet venues will be adjudicated by the meet jury. Misconduct includes but is not limited to: violations of safety guidelines outlined in the meet announcement; disrespect to meet management personnel, officials or fellow athletes; stealing, destroying, vandalizing or possessing the property of others; possession or use of alcoholic beverages, tobacco products or illegal drugs. More serious violations may result in legal action by the host LSC’s and local authorities.</p>
Practice	<p>The Montgomery Aquatic Center will be open from 3:00 pm – 9:00 pm on Tuesday August 5, 2008 for warm-up. Team Managers should e-mail the Meet Director by August 3rd requesting lane assignments.</p>
	<p>for the warm-up session. (Please note that 5-7 pm is very popular. Lane availability will be more limited in that time frame).</p>
Timers	<p>Each LSC will be responsible for providing a least two (2) timers for EACH preliminary session. Lane assignments will be provided to the Team Manager. The host LSC’s will provide timers for evening finals (volunteers from other LSC’s are very welcome).</p>
Seating and Deck Credentials	<p>Seating will be assigned at the Team Managers meeting. Deck credentials will be provided only for working officials, members of the Meet Coordination Committee and designated LSC team reps. Listed on the Team’s Meet Summary. Each team is limited to eight (8) coaches plus the Team Manager, plus one team chaperone assigned to the team’s seating area to watch the team’s equipment.</p>

<p>Parking</p>	<p>Free parking is available at both pools.</p> <p><u>Parking at Rockville Municipal Swim Center:</u> There are 183 parking spaces in the Outdoor Parking lot that will be reserved for the meet. Additional overflow parking will be available across the street at the Montgomery County Public Schools Carver Educational Services Center (CESC). All parking will be free of charge. Parking monitors will be available to help direct cars to available locations. All busses should drop off team members at the main outdoor entrance and then proceed to parking area at CESC.</p> <p><u>Area Parking Around the Montgomery Aquatic Center</u></p> <p style="text-align: center;">DO NOT PARK AT THE M&T BANK – They will have you towed.</p> <p style="text-align: center;">You must park in a designated spot at MAC otherwise you will be ticketed. Park Police will ticket if you park around the circle or at the end of the rows.</p> <ol style="list-style-type: none"> 1) White Flint Metro Parking Garage - \$8.50 daily, non riders, \$4.75 riders - .4 miles Proceed straight out of MAC's parking lot, you will be on Marinelli Rd, go across 355/Rockville Pike pass the White Flint Metro, continue down the street, the parking garage will be on your left. 2) Metered Parking on Marinelli Rd. - .5 miles Just beyond White Flint Metro metered parking spaces on either side of the road. 3) North Bethesda Office Park (Parking Lot) on Woodglen Rd. – .3 miles M-F 7 AM – 7 PM, \$5 max., free after 7 PM and weekends From the light in front of MAC turn right on to Executive Blvd., left onto Nicholson Ln., right onto Woodglen Rd., lot is on the immediate right. 4) Metered Parking on Woodglen Rd. – .3 - .5 miles 12 hour limit. Follow direction from #3 above, metered parking on both sides. 5) Executive Blvd. - .1 - .3 miles Turn right out of MAC across Nicholson Ln., metered spots begin. Right side of street, 12 hour limit, M-F; Left side of street, 2 hour limit, M-F, 8 AM – 5 PM. 6) Luxmanor Elementary School - .7 miles From light in front of MAC, turn right onto Executive Blvd, right onto Nicholson Ln., go across Old Georgetown Rd./127, road becomes Tilden Ln., school will be on your right. <p>There is parking on both shoulders on your way to and past Luxmanor Elem. School.</p> <ol style="list-style-type: none"> 7) Francis Scott Key Middle School - .8 miles Follow directions from #6 above, and then continue on Tilden Ln., turn left at Marcliff Rd., school is on immediate right. <p>There is also parking on the shoulder of Marcliff Rd.</p> <ol style="list-style-type: none"> 8) Tilden Middle School – 1 mile From light in front of MAC, turn right onto Executive Blvd, right onto Nicholson Ln., left onto Old Georgetown Rd./127, school will be on your left.
----------------	--

HOTELS	<p>Hilton Washington DC / Rockville – Team Meet Rate - \$119 / night 1750 Rockville Pike Rockville, MD 20852 301-468-1100 Please ask for Melodye Bridges melodye.bridges@hilton.com Distance from Montgomery County Aquatic Center - 2.0 miles Distance from Rockville Municipal Swim Center - 6.0 miles</p> <p>Sheraton Rockville Hotel – Team Meet Rate \$119 / night (close to 12&U pool) 920 King Farm Blvd. Rockville, MD 20850 240-912-8231 Please ask for Lee Ireland Distance from Rockville Municipal Swim Center - 3.4 miles Distance from Montgomery County Aquatic Center - 6.5 miles</p> <p>Courtyard Rockville (close to 12&U pool) 2500 Research Blvd. Rockville, Maryland 20850 301-670-6700 Marriott.com/WASRV Please contact Ray Napoli – 301-512-6640 ray.napoli@marriott.com Distance from Rockville Municipal Swim Center - 3.4 miles Distance from Montgomery County Aquatic Center - 7.2 miles</p> <p>Bethesda Marriott on Pooks Hill Road 5151 Pooks Hill Road Bethesda, Maryland 20814 301-897-9400 Marriott.com/WASBT Please contact Ray Napoli – 301-512-6640 ray.napoli@marriott.com Distance from Rockville Municipal Swim Center - 8.0 miles Distance from Montgomery County Aquatic Center - 2.6 miles</p> <p>Spring Hill Suites (close to 12&U pool) 9715 Washingtonian Blvd. Gaithersburg, Maryland 20878 301-987-0900 Marriott.com/WASGT Please contact Ray Napoli – 301-512-6640 ray.napoli@marriott.com Distance from Rockville Municipal Swim Center - 5.7 miles Distance from Montgomery County Aquatic Center - 9.2 miles</p>
Program / Admission	<p>Meet programs will be on sale for \$15.00 Finals heat sheets will be \$2.00 each night. Spectator Admission fee is \$2.00 per session for both Prelims and Finals. All session passes will be available for \$12.00 Children under 12 admitted free of charge</p> <p>Spectator seating is limited at both venues. There is plenty of standing room at the Rockville Municipal Swim Center.</p>
LSC Entry	<p>The submission of an entry by an LSC represents a contract between the LSC and the host LSC's. Entry in this meet represents the entering LSC's intention to comply with the rules and regulations of the meet as stated.</p>
Team Manager	<p>Each LSC must provide the name of an individual to serve as the official Team Manager. An alternate may also be named. Team Managers or alternates must represent the LSC at any meeting called by the Meet Director to discuss matters concerning the meet. Only the Team Manager or alternate is permitted to represent the LSC. Protests will not be accepted from anyone other than the Team Manager or alternate. Because of the dual pool operation, it is highly recommended that each LSC provide an Alternate Team Manager AND a Team Manager.</p>

Meetings	The Team Managers meeting will take place at the Montgomery Aquatic Center on August 10th at 6:00 p.m. Team Managers or Official Alternate Team Managers from each LSC MUST be present at the meeting. All participants are responsible for information covered at this meeting!
Hospitality	Large refreshment concessions will be located in the side lobby at the Montgomery Aquatic Center and near the lower bath houses at the Rockville Municipal Swim Center. Coaches and Officials hospitality areas will be located in separate areas at each pool.
Adapted Swimmers	Each LSC may bring two (2) swimmers with disabilities age 12 & Under, and two (2) swimmers age 13-18 to the meet. These adapted swimmers are in addition to the swimmers who have qualifying times for the meet events. Each LSC may select the adapted swimmers at their own discretion. With the recommendation of the LSC Team Coach or Manager, the meet staff will determine where the swimmer best fits into the meet (seeded with their peers, seeded with their peers but in shorter distances, seeded with younger swimmers, etc.) and will place them accordingly. All adapted swimmers competing in the meet will receive participation medals.
Procedures for Inclusion of Swimmers with Disabilities	<ul style="list-style-type: none"> • Swimmers with disabilities may compete without having achieved the qualifying standard for their age group. However, they must provide a time for each event they enter. Swimmers with disabilities shall be entered on the form included on the next page. You can e-mail this information but, ALL of the information on the entry form must be included in the e-mail. <p>Classification of swimmer with a disability is irrelevant.</p> <ul style="list-style-type: none"> • Each LSC may select two (2) swimmers with disabilities age 12&U and two (2) swimmers age 13-18 in any manner deemed appropriate. • Swimmers with disabilities may compete in Finals, earn awards and score points for their team in the same manner as the able-bodied swimmers. • It is the responsibility of the swimmer, or his / her coach, to inform the Meet Referee of any disability-related accommodations he /she may need in order to compete. In addition, this information must be given in advance of the meet on the entry form. The Meet Referee shall determine any modifications that maybe required. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them. • Aside from the norm, the meet staff has the ability to seed the swimmer with a disability in a number of ways. These options include: seed the swimmer with others of the appropriate gender, allowing the swimmer to compete half the distance of their age group (swim the 100 meter. backstroke during the 200 meter. backstroke race), or swim with a younger age group where their entry time is similar to the able-bodied swimmers for the same distance (a 15 year old swimmer with a disability could swim the 100 meter freestyle with the 10 & U age group). The final meet result should show the swimmer with a disability listed in the correct age and event, regardless of where he / she actually competed. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light can not be repositioned. • It is the responsibility of the USA Swimming Adapted Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmer's responsibility to complete and submit an application for an American Record should one be set.

Schedule of Events

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

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

* 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.

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.