

SESSION #1

Saturday Morning – January 17, 2009
(Warm-up 7:30 am - Start 8:30 am)

Women's		Event Description		Men's
1		9-10 50 free		2
3		15 and over 100 back		4
5		9-10 100 back		6
7		Senior 200 brst		8
9		9-10 50 brst		10
11		15 and over 100 fly		12
13		9-10 100 fly		14
15		15 and over 200 IM		16
17		9-10 200 IM		18
19		15 and over 50 free		20

SESSION #2

Saturday Mid-Morning – January 17, 2009
(Warm-up 12:40pm - Start 1:30pm)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
21	Deck seeded	9-10 500 free	Deck seeded	22
23	Deck seeded	13 and over 1000 free <i>Scored separately</i>	Deck seeded	24
25	Deck seeded	11-12 400 IM	Deck seeded	26

SESSION #3

Saturday Late Afternoon – January 17, 2009
(Warm-up 4:45 pm - Start 5:30 pm)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
27		11-12 100 free		28
29		13-14 200 free		30
31		11-12 50 back		32
33		13-14 100 back		34
35		11-12 100 brst		36
37		13-14 200 brst		38
39		11-12 50 fly		40
41		13-14 100 fly		42
43		11-12 100 IM		44
45		13-14 200 IM		46

SESSION #4

Sunday Morning – January 18, 2009
(Warm-up 8am - Start 9:10am)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
47		15 and over 200 free		48
49		9-10 100 free		50
51		Senior 200 back		52
53		9-10 50 back		54
55		15 and over 100 brst		56
57		9-10 100 brst		58
59		Senior 200 fly		60
61		9-10 50 fly		62
63		15 and over 100 free		64
65		9-10 100 IM		66

SESSION #5

Sunday Afternoon – January 18, 2009
(Warm-up 1:00pm - Start 2:00pm)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
67		11-12 50 free		68
69		13-14 100 free		70
71		11-12 100 back		72
73		13-14 200 back		74
75		11-12 50 brst		76
77		13-14 100 brst		78
79		11-12 100 fly		80
81		13-14 200 fly		82
83		11-12 200 IM		84
85		13-14 50 free		86