

Session 1 and 2
Friday Morning Prelims – December 10, 2010
Two Pools

Qualifying Time				Qualifying Time				
Women	SCY	LCM	SCM	Event Description	SCY	LCM	SCM	Men
7	1:08.09	1:17.29	1:15.19	13-14 100 Fly	1:03.39	1:11.99	1:10.09	8
9	1:05.99	1:15.19	1:12.89	Senior 100 Fly	1:00.49	1:09.09	1:06.89	10
15	2:14.19	2:32.59	2:28.29	13-14 200 Free	2:05.79	2:24.99	2:18.99	16
17	2:05.09	2:21.99	2:18.29	Senior 200 Free	1:55.79	2:13.19	2:07.89	18
23	5:19.59	6:02.29	5:53.19	13-14 400 IM	5:02.39	5:46.19	5:34.19	24
25	4:59.29	5:40.39	5:30.69	Senior 400 IM	4:37.09	5:16.19	5:06.09	26
31*	---	---	---	13-14 800 Free Relay	---	---	---	32*
33*	---	---	---	15 & O 800 Free Relay	---	---	---	34*
1 [∞]	11:23.89	10:07.59	9:58.49	Senior 1000 Free	10:44.19	9:39.39	9:23.79	2 [∞]

* Events are Timed Finals and will be swum only during Prelim session.

∞ Events are Timed Finals. Fastest heat will swim in Finals Session

Session 3
Friday Afternoon Prelims/Timed Finals
December 10, 2010

Qualifying Time				Qualifying Time				
Women	SCY	LCM	SCM	Event Description	SCY	LCM	SCM	Men
3	32.69	36.59	36.09	11-12 50 Fly	32.39	36.59	35.79	4
5*	42.99	48.59	47.49	10&U 50 Fly	41.99	46.89	46.39	6*
11	1:03.09	1:14.09	1:09.69	11-12 100 Free	1:02.89	1:11.59	1:09.49	12
13*	1:22.09	1:32.99	1:30.69	10&U 100 Free	1:19.99	1:31.09	1:28.29	14*
19	2:38.59	3:00.19	2:55.19	11-12 200 IM	2:35.89	2:58.09	2:52.29	20
21*	3:19.39	3:47.29	3:40.29	10&U 200 IM	3:18.09	3:44.79	3:38.89	22*
27*	---	---	---	11-12 200 Free Relay	---	---	---	28*
29*	---	---	---	10&U 200 Free Relay	---	---	---	30*

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Session 4
Friday Evening Finals
December 10, 2010

1	Senior 1000 Free	2
3	11-12 50 Fly	4
7	13-14 100 Fly	8
9	Senior 100 Fly	10
11	11-12 100 Free	12
15	13-14 200 Free	16
17	Senior 200 Free	18
19	11-12 200 IM	20
23	13-14 400 IM	24
25	Senior 400 IM	26

Session 5 and 6
Saturday Morning Prelims – December 11, 2010
Two Pools

Qualifying Time				Qualifying Time				
Women	SCY	LCM	SCM	Event Description	SCY	LCM	SCM	Men
35	2:20.89	2:41.19	2:35.59	Senior 200 IM	2:09.99	2:30.59	2:23.69	36
37	2:31.29	2:52.39	2:47.19	13-14 200 IM	2:21.89	2:42.79	2:36.69	38
43	26.99	30.79	29.79	Senior 50 Free	24.29	28.09	26.89	44
45	28.69	32.79	31.69	13-14 50 Free	26.59	30.59	29.39	46
51	2:44.79	3:08.59	3:02.09	Senior 200 Breast	2:30.09	2:54.29	2:45.89	52
53	2:47.99	3:11.99	3:05.69	13-14 200 Breast	2:36.29	3:02.39	2:52.69	54
59	1:04.19	1:14.59	1:10.89	Senior 100 Back	58.79	1:08.69	1:04.89	60
61	1:08.69	1:20.09	1:15.89	13-14 100 Back	1:04.89	1:15.09	1:11.69	62
67	5:31.79	4:56.49	4:50.29	Senior 500 Free	5:11.69	4:41.09	4:32.79	68
69	5:38.29	5:03.49	4:55.99	13-14 500 Free	5:25.29	4:52.89	4:44.69	70
75*	---	---	---	15&0 400 Med Relay	---	---	---	76*
77*	---	---	---	13-14 400 Med Relay	---	---	---	78*

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Session 7
Saturday Afternoon Prelims/Timed Finals
December 11, 2010

Qualifying Time				Qualifying Time				
Women	SCY	LCM	SCM	Event Description	SCY	LCM	SCM	Men
39	1:14.09	---	1:21.89	11-12 100 IM	1:12.19	---	1:19.69	40
41*	1:34.39	---	1:44.29	10&U 100 IM	1:31.39	---	1:40.99	42*
47	29.79	33.69	32.89	11-12 50 Free	28.59	32.99	31.59	48
49*	36.19	40.89	39.99	10&U 50 Free	35.59	40.39	39.29	50*
55	1:22.19	1:33.79	1:30.79	11-12 100 Breast	1:21.09	1:33.59	1:29.59	56
57*	1:46.69	2:02.39	1:57.89	10&U 100 Breast	1:44.79	1:59.79	1:55.79	58*
63	34.29	39.19	37.89	11-12 50 Back	33.69	38.79	37.29	64
65*	43.49	49.89	48.09	10&U 50 Back	43.89	50.49	48.49	66*
71*	---	---	---	11-12 200 Med Relay	---	---	---	72*
73*	---	---	---	10&U 200 Med Relay	---	---	---	74*

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Session 8
Saturday Evening Finals
December 11, 2010

35	Senior 200 IM	36
37	13-14 200 IM	38
39	11-12 200 IM	40
43	Senior 50 Free	44
45	13-14 50 Free	46
47	11-12 50 Free	48
51	Senior 200 Breast	52
53	13-14 200 Breast	54
55	11-12 200 Breast	56
59	Senior 100 Back	60
61	13-14 100 Back	62
63	11-12 100 Back	64
67	Senior 500 Free	68
69	13-14 500 Free	70

Session 9 and 10
Sunday Morning Prelims – December 12, 2010
Two Pools

Qualifying Time				Qualifying Time				
Women	SCY	LCM	SCM	Event Description	SCY	LCM	SCM	Men
85	2:27.29	2:51.39	2:42.79	13-14 200 Back	2:19.49	2:41.59	2:34.19	86
87	2:17.89	2:39.39	2:32.39	Senior 200 Back	2:07.09	2:27.89	2:20.49	88
93	1:02.19	1:11.09	1:08.79	13-14 100 Free	57.99	1:06.59	1:04.09	94
95	58.19	1:06.29	1:04.29	Senior 100 Free	53.09	1:01.39	58.69	96
101	1:17.99	1:29.09	1:26.19	13-14 100 Breast	1:12.29	1:23.59	1:19.89	102
103	1:16.39	1:27.59	1:24.39	Senior 100 Breast	1:09.19	1:20.59	1:16.49	104
109	2:28.59	2:49.49	2:44.19	13-14 200 Fly	2:20.79	2:39.89	2:35.59	110
111	2:24.19	2:42.39	2:39.39	Senior 200 Fly	2:14.39	2:32.19	2:28.49	112
117*	---	---	---	13-14 400 Free Relay	---	---	---	118*
119*	---	---	---	15&O 400 Free Relay	---	---	---	120*
79 [∞]	18:58.69	19:26.39	18:52.09	Senior 1650 Free	18:00.99	18:34.49	17:54.69	80 [∞]

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[∞]Events are Timed Finals. Fastest heat will swim in Finals Session

Session 11
Sunday Afternoon Prelims/Timed Finals
December 12, 2010

Qualifying Time				Qualifying Time				
Women	SCY	LCM	SCM	Event Description	SCY	LCM	SCM	Men
81	1:14.89	1:26.29	1:22.79	11-12 100 Back	1:12.29	1:23.59	1:19.89	82
83*	1:33.99	1:48.89	1:43.79	10&U 100 Back	1:32.49	1:46.09	1:42.19	84*
89	2:20.19	2:39.19	2:34.89	11-12 200 Free	2:16.59	2:35.69	2:30.89	90
91*	2:58.29	3:23.79	3:16.99	10&U 200 Free	2:50.89	3:13.99	3:08.89	92*
97	37.99	42.09	41.99	11-12 50 Breast	37.59	43.09	41.49	98
99*	47.79	54.89	52.79	10&U 50 Breast	48.19	55.09	53.29	100*
105	1:13.59	1:22.89	1:21.29	11-12 100 Fly	1:12.19	1:22.09	1:19.79	106
107*	1:42.09	1:56.19	1:52.79	10&U 100 Fly	1:40.59	1:53.99	1:51.09	108*
113*	---	---	---	11-12 400 Free Relay	---	---	---	114*
115*	---	---	---	10&U 400 Free Relay	---	---	---	116*

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Session 12
Sunday Evening Finals
December 12, 2010

79	Senior 1650 Free	80
81	11-12 100 Back	82
85	13-14 200 Back	86
87	Senior 200 Back	88
89	11-12 200 Free	90
93	13-14 100 Free	94
95	Senior 100 Free	96
97	11-12 50 Breast	98
101	13-14 100 Breast	102
103	Senior 100 Breast	104
105	11-12 100 Fly	106
109	13-14 200 Fly	110
111	Senior 200 Fly	112