

SESSION #1

Saturday Morning – October 4, 2010
(Warm-up 7am - Start 8am)

Women's		Event Description		Men's
1		Senior 200 Back		2
3		13-14 200 Back		4
5		Senior 100 Breast		6
7		13-14 100 Breast		8
9		Senior 200 Fly		10
11		13-14 200 Fly		12
13		Senior 100 Free		14
15		13-14 100 Free		16
17		Senior 200 IM		18
19		13-14 200 IM		20

SESSION #2

Saturday Late Afternoon – October 4, 2010
(Warm-up 11:30 am - Start 12:30 pm)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
25		9-10 100 Fly		26
27		11-12 100 Fly		28
29		9-10 50 Back		30
31		11-12 50 Back		32
33		9-10 100 Free		34
35		11-12 100 Free		36
37		9-10 50 Breast		38
39		11-12 50 Breast		40
41		9-10 200 IM		42
43		11-12 200 IM		44

SESSION #3

Sunday Morning – October 5, 2010
(Warm-up 7am - Start 8am)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
45		Senior 200 Free		46
47		13-14 200 Free		48
49		Senior 100 Fly		50
51		13-14 100 Fly		52
53		Senior 50 Free		54
55		13-14 50 Free		56
57		Senior 100 Back		58
59		13-14 100 Back		60
61		Senior 200 Breast		62
63		13-14 200 Breast		64

SESSION #4

Sunday Mid-Morning – October 5, 2010
(Warm-up 11:30am - Start 12:15pm)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
21	Deck seeded	9-12 500 Free	Deck seeded	22
23	Deck seeded	13 & Over 1000 Free	Deck seeded	24

SESSION #5

Sunday Afternoon – October 5, 2010
(Warm-up 3pm - Start 3:45pm)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
65		9-10 200 Free		66
67		11-12 200 Free		68
69		9-10 50 Fly		70
71		11-12 50 Fly		72
73		9-10 100 Back		74
75		11-12 100 Back		76
77		9-10 50 Free		78
79		11-12 50 Free		80
81		9-10 100 Breast		82
83		11-12 100 Breast		84