

## Senior Session – Mona Plummer Aquatic Center Timed Finals and Preliminaries

Friday, May 23, 2008

Warm Up 3:30PM Meet Starts 4:30PM

Women	15&O		13-14		Event	13-14		15&O		Men
	LCM	SCY	LCM	SCY		LCM	SCY	LCM	SCY	
201	10:15.19	11:25.99	10:20.99	11:37.29	800 FR *					
					1500 FR *	19:22.59	18:40.79	18:34.49	18:00.99	202
203	NTS				800 FR Relay #	NTS				204

Saturday, May 24, 2008

Warm Up 7:30 AM Meet Starts 9:00 AM

Women	15&O		13-14		Event	13-14		15&O		Men
	LCM	SCY	LCM	SCY		LCM	SCY	LCM	SCY	
205	2:37.79	2:20.49	2:42.39	2:22.39	200 Fly	2:33.29	2:14.99	2:25.89	2:08.79	206
207	1:24.09	1:13.19	1:25.39	1:14.79	100 Breast	1:20.09	1:09.29	1:17.19	1:06.29	208
209	2:40.29	2:19.79	2:44.29	2:21.19	200 Back	2:34.89	2:13.69	2:27.89	2:07.09	210
211	30.89	26.99	31.39	27.49	50 Free	29.39	25.49	28.09	24.29	212
213	4:59.19	5:33.79	5:03.49	5:38.29	400 Free @	4:52.89	5:25.29	4:41.09	5:11.69	214
215	NTS				400 FR Relay \$	NTS				216

Sunday, May 25, 2008

Warm Up 7:30 AM Meet Starts 9:00 AM

Women	15&O		13-14		Event	13-14		15&O		Men
	LCM	SCY	LCM	SCY		LCM	SCY	LCM	SCY	
217	1:12.69	1:04.09	1:14.09	1:05.29	100 Fly	1:08.99	1:00.79	1:06.19	57.99	218
219	2:23.19	2:05.99	2:26.19	2:08.59	200 Free	2:18.99	2:00.59	2:13.19	1:55.79	220
221	1:14.99	1:04.89	1:16.79	1:05.89	100 Back	1:11.89	1:02.19	1:08.69	58.79	222
223	5:41.69	5:00.99	5:47.19	5:06.29	400 IM @	5:31.79	4:49.79	5:16.19	4:37.09	224
225	NTS				400 MED Relay \$	NTS				226

Monday, May 26, 2008

Warm Up 7:30 AM Meet Start 9:00 AM

Women	15&O		13-14		Event	13-14		15&O		Men
	LCM	SCY	LCM	SCY		LCM	SCY	LCM	SCY	
227	2:41.09	2:22.19	2:45.19	2:24.99	200 IM	2:35.99	2:15.89	2:30.59	2:09.99	228
229	1:06.69	58.59	1:08.09	59.59	100 Free	1:03.89	55.59	1:01.39	53.09	230
231	3:00.59	2:37.79	3:03.99	2:40.99	200 Breast	2:54.79	2:29.79	2:46.99	2:23.89	232
233	19:37.19	19:08.99	19:48.09	19:21.69	1500 Free &					
					800 Free &	10:04.99	11:12.29	9:39.39	10:44.19	234

\* The 800/1500 Free will be swum fastest to slowest, alternating heats of women and men. Positive check-in is required 30 minutes before the scheduled start of the session in order to swim the event. Swimmers must provide their own times and personnel to count laps. This event will be scored separately by age groups (13-14 and 15&O).

# The 800 Freestyle Relay will be combined for seeding (13-14 and 15&O), but scored separately by age groups, and swum fastest to slowest alternating heats of women and men.

@ Event is swum fastest to slowest, alternating heats of women and men. Positive check-in is required within 60 minutes after the start of the session in order to swim the event. This is a preliminaries/finals event with a Championship (A) Final for the 13-14 Age Group and a Consolation (B) and Championship (A) Final for the 15&O Age Group. The Meet Referee has the discretion to swim 2 per lane if warranted.

\$ The 13-14 and 15&O Relays will be combined for seeding, but scored separately by age groups. If there are more than three (3) combined heats of relays, the fastest two heats of relays will swim in Finals. The remaining relays will swim in Prelims. If there are three (3) heats or less, all heats will swim in finals.

& Event is swum fastest to slowest, alternating heats of women and men. Positive check-in is required by 9:00 AM Monday to be seeded in heats. The TOP 8 swimmers will swim during the Finals Session on Monday, with the Women's 1500 freestyle immediately following finals for event 228 and the Men's 800 freestyle immediately following finals for event 230. **Swimmers may request to be seeded in the morning heats at time of check-in.** Swimmers must provide their own timer and personnel to count laps.

**Age Group Session – Cactus Pool  
Timed Finals and Preliminaries**

**Friday, May 23, 2008**

**Warm Up 4:00PM Meet Starts 5:00PM**

Girls			Event			Boys
	LCM	SCY		LCM	SCY	
1	6:55.89	7:39.49	10&U 400 Free *	6:52.69	7:35.19	2
3	12:34.49	13:57.39	11-12 800 Free *	12:37.59	13:52.99	4

**Saturday, May 24, 2008**

**Warm Up 7:30 AM Meet Starts 9:00 AM**

Girls			Event			Boys
	LCM	SCY		LCM	SCY	
5	NTS		12&U 200 MED Relay #	NTS		6
7	NTS		10&U 200 MED Relay #	NTS		8
9	3:23.29	2:52.99	11-12 200 Fly	3:17.39	2:51.49	10
11	48.59	42.99	10&U 50 Fly @	46.89	41.99	12
13	39.89	35.39	11-12 50 Fly @	40.19	35.49	14
15	2:03.79	1:46.69	10&U 100 Breast	1:59.79	1:44.79	16
17	1:41.89	1:29.29	11-12 100 Breast	1:42.49	1:28.39	18
19	49.89	43.49	10&U 50 Back @	50.59	43.89	20
21	42.49	37.09	11-12 50 Back @	42.29	36.79	22
23	3:25.39	2:50.19	11-12 200 Back	3:16.69	2:46.59	24
25	40.89	36.19	10&U 50 Free	40.39	35.59	26
27	36.39	32.19	11-12 50 Free	35.79	30.99	28
29	6:00.09	6:40.09	11-12 400 Free \$	5:56.59	6:35.09	30

**Sunday, May 25, 2008**

**Warm Up 7:30AM Meet Starts 9:00AM**

Girls			Event			Boys
	LCM	SCY		LCM	SCY	
31	NTS		10&U 200 FR Relay #	NTS		32
33	NTS		12&U 200 FR Relay #	NTS		34
35	1:56.19	1:42.09	10&U 100 Fly	1:53.99	1:40.59	36
37	1:31.99	1:20.59	11-12 100 Fly	1:30.69	1:19.29	38
39	3:25.09	2:58.29	10&U 200 Free	3:13.99	2:50.89	40
41	2:52.99	2:31.79	11-12 200 Free	2:49.29	2:27.99	42
43	1:48.89	1:33.99	10&U 100 Back	1:46.09	1:32.49	44
45	1:34.39	1:21.89	11-12 100 Back	1:31.39	1:19.09	46
47	6:59.79	6:06.19	11-12 400 IM \$	6:56.29	5:59.59	48

**Monday, May 26, 2008**

**Warm Up 7:30 AM Meet Start 9:00 AM**

Girls			Event			Boys
	LCM	SCY		LCM	SCY	
49	3:15.19	2:51.79	11-12 200 IM	3:13.89	2:49.69	50
51	3:47.29	3:19.39	10&U 200 IM	3:44.79	3:18.09	52
53	1:20.39	1:08.29	11-12 100 Free	1:17.59	1:08.09	54
55	1:32.99	1:22.09	10&U 100 Free	1:31.09	1:19.99	56
57	46.79	41.09	11-12 50 Breast @	47.29	41.09	58
59	54.89	47.99	10&U 50 Breast @	55.09	48.19	60
61	3:49.39	3:12.49	11-12 200 Breast	3:37.99	3:07.39	62
63	NTS		10&U 400 FR Relay #	NTS		64
65	NTS		12&U 400 FR Relay #	NTS		66

\* Event is swum fastest to slowest, alternating heats of girls and boys. Positive check-in is required 30 minutes before the scheduled start of the session in order to swim the event. Swimmers must provide their own timer and personnel to count laps.

# All Relay Events will be swum in the preliminary session.

@ Timed Final Event. The 50 Backstroke, 50 Breaststroke and 50 Butterfly are NOT prelims/finals events.

\$ Timed Final Event. Event is swum fastest to slowest, alternating heats of girls and boys. Positive check-in is required 60 minutes after the start of the session in order to swim the event. Swimmers must provide their own timer.