



SIERRA NEVADA LONG COURSE JUNIOR OLYMPICS



July 22-25, 2010

Hosted by:
California Capital Aquatics

Enter online at <http://ome.swimconnection.com/meets>
Invitational meet for registered swimmers of Sierra Nevada LSC only

SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction Number: 28-10

LOCATION: Roseville Aquatics Complex – 3051 Woodcreek Oaks Blvd Roseville, CA 95747

DIRECTIONS: Traveling on I-80, exit Highway 65 North; take the Pleasant Grove exit; go west on Pleasant Grove to Woodcreek Oaks Blvd and turn left, the pool will be on the right hand side; 3051 Woodcreek Oaks Blvd.

PARKING: Parking is free all four days. Coaches and Officials can park directly in front of the facility, all others please park in the High School parking lot next (south) to the pool. There is a small drop off area directly in front of the facility as well.

FACILITY: Outdoor, heated 9-lane pool, 50-meter course with touch pads at both ends. In accordance with 202.3.6, the competition course has a pool depth at the start end of 13ft at 3' 3 1/2" and 12ft at 16'5" and at the turn end is 4' 6" at 3' 3 1/2" and 4'6" at 16' 5". An additional outdoor, heated 5-lane, 25-yard pool is available for warm-up/warm-down. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Locker rooms and rest areas are available. Finals will begin no sooner than 90 minutes after the last heat of trials (relay events included).

CHECK-IN: The meet will be deck seeded. All swimmers, or their coach or parent, must check-in prior to the close of their event. Check-in opens each day at 7:15 AM. Check-in for the first 6 events each day will close at 8:30 a.m. Check in for the next 10 events each day will close at 9:00 AM. Check-in for all remaining events each day will close at 10:00 AM.

MEET START TIME: Trials will begin at 9:00am each day. The start time of finals will be determined by the Meet Director, Coaches, Head Referee and USA Swimming Rules. Finals will begin no sooner than 1 1/2 hours after the last heat of trials.

RULES: 2010 USAS rules will apply. All swimmers must be 2010 registered members of USAS and present their card upon request. A USAS registered coach must supervise all warm-ups. If you do not have a USAS registered coach at the meet, report to the Deck Referee for lane and coach assignment. All coaches may be required to present their 2010 USAS Coach Membership card to the Meet Referee at the beginning of the meet. All events are trials and finals except the following timed final events: all 8-Under events, 10-Under 400 free, 800 free, 1500 free and all relays. Swimmers may compete in up to three (3) **individual events per day** plus relays, with **maximum of (7) individual events** plus relays for the whole meet. Swimmers may enter more than 3 events per day, but will need to scratch down to 3 events per day and not to exceed **7 individual events for the entire meet**. Refunds will not be given to those swimmers who enter more than 3 individual entries per day. Swimmers over the age of 18 may swim individual events in the 17 & Over age group, but may not swim on relays. Coaches or their designee need to provide a list of Relay Only Swimmers to the Meet Director at the time that entries are due. Entry times and registration will be verified on Swim Connection prior to the meet.

WARM-UPS:

Swimmers age **11 and older**, warm-ups will be **7:00am-8:20am** each day. Swimmers age **10 and younger**, warm-ups will be **8:20am-8:50am** each day. For swimmers age 11 and older, if additional warm-up time is needed after 8:20, the 5 lane warm-up pool will be open. Lanes 1 & 9 will be used for pace lanes and lanes 2 & 8 will be dive lanes under coach's supervision. The times for these lanes to be used for pace/dive will be assigned as necessary. The Meet Referee, in the interest of the swimmers, may make changes at any time.

WARM-UP RULES: The following rules apply to the warm up period before each session, and to warm-up/down during the meet:

- USA-S registered marshals shall be on the deck during the entire warm up period.
- Swimmers shall enter the water feet first while maintaining at least one hand on the pool deck until both feet touch the water(3 point entry),except for starts, which are limited to specified lanes.
- Up to 2 lanes can be used for pace 50's and up to 2 lanes for one-way sprints.
- Specified center lanes are for circle swimming (2 lengths of the pool) beginning at the starting end of the pool.
- The referee may specify lanes for relay practice during the last 15 minutes of warm-up period.
- Coaches shall stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
- Swimmers are not allowed on the starting blocks when a backstroker is executing a start in the same sprint lane.
- The use of hand-paddles, kickboards, fins and other devices are not allowed during general warm-up. The use of hand-paddles at any time during which touch pads are installed is forbidden.
- Marshals shall be on the deck during the entire warm up period.

The Meet Referee, or the Marshal and the Meet Referee may remove a swimmer, coach, and/or team from the deck for violations of these rules. In facilities that have a warm up and/or warm down area, USA-S registered Marshals shall provide supervision of the area(s) at all times.

ELIGIBILITY:

All 2010 USAS registered swimmers who have met the qualifying time standards, and are registered swimmers in Sierra Nevada Swimming are eligible. All swimmers must have a current USA Swimming registration card and must enter the number on their entry cards. Entrants without a current Registration Number on their entries must present a current Registration Card (or Swim Connection Registration Verification email) prior to competition. Any swimmers entering as "pending" or "applied for", etc., will be verified with the SNS Registrar prior to the meet and, if validly pending, will be allowed to check-in and compete. Disabled swimmers, attached or unattached & affiliated with any of the invited clubs, are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy.

TIME STANDARDS:

Swimmers must have achieved the appropriate entry time for each event they swim and all entry times shall be posted in Swim Connection. Swimmers must qualify with the appropriate times in either long course meters or short course yards. Converted yard times will NOT be allowed. Qualifying times highlighted in yellow indicate times faster than BB. These times have been adjusted to allow for approximately 5 heats (40 swimmers) per event. The highlighted LC time is the average 40th place time from the past 3 JO meet results. Any swimmer who falsifies a time may be subject to disciplinary action by Sierra Nevada Swimming. Swimmers over 18 may enter using the 17-18 time standards.

ENTRIES:

Relays: A team may enter no more than 2 relays in each event and both A and B relays may score. Relays will be deck entered. Afternoon relay cards must be turned in by 10:00am and list the names of all swimmers who might swim or are alternates. All relay only swimmers must enter meet and pay pool surcharge by entry deadline.

On-line entries, enter at <http://ome.swimconnection.com/meets> to receive immediate confirmation of acceptance. Online entry requires payment by credit card using the Swim Connection secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Sierra Nevada Swimming. **On-line entries must be received before 11:59 PM on Thursday July 15, 2010.**

NO DECK ENTRIES: Mailed entries must be on the SAMMS Consolidated Entry Form and the form must be complete including a current USA-S registration number and submitted by entry deadline.

Mailed entries must use a **CONSOLIDATED ENTRY CARD**. Entry cards must be completely filled out. The entry card may be reproduced. The entry card is available from the Sierra Nevada Swimming internet web site:

<http://sn-swimming.org>. Entries must be postmarked on or before **Thursday, July 8, 2010**, or hand delivered to the Roseville Aquatics Center box marked "Sierra Nevada LC JO Entries" **before 7:30 PM on Thursday, July 15, 2010. Absolutely no late, telephone, or "NT" entries will be accepted. No refunds.**

Send SAMMS entries to:

Sierra Nevada Junior Olympics
Mark Brown
6721 5th St.
Rio Linda, CA 95673

Check <http://ome.swimconnection.com/meets> for session open or closed status.

FEES: The meet entry fee is **\$4.00** per individual event (\$1.00 Age Group Travel, \$0.75 Senior Travel, \$0.50 SNS General Fund). **\$8.00** per relay team (\$2.00 Age Group Travel, \$1.00 Senior Travel, \$1.00 SNS General Fund) payable at the meet. Pool surcharge is **\$12.00** per swimmer. Relay only swimmers must pay pool surcharge to be eligible for a relay. Make checks payable to: **California Capital Aquatics or CCA**. **THERE WILL BE NO REFUNDS.**

COACHES: Coaches must wear their membership cards in a visible manner. Programs will only be given to coaches whose cards are visible.

ORDER OF SEEDING: Events will be seeded as follows: All times earned previously, whether they are meters or yards will be acceptable if they meet the minimum entry times. In seeding these times, the conforming times (meters) will be arranged in time order, followed by non-conforming yard times. After arranging the times as provided above, the event will be seeded in normal fashion. Technical rule: 207.12.7.B

PRELIMS: Nine (9) lanes will be used for preliminaries. The last three heats of each event will be circle seeded with the exception of the events previously noted as timed finals. **Any swimmer who fails to compete in an individual preliminary event in which they are seeded will be barred from all further individual and relay events of that day.**

A swimmer qualifying for finals, based on the results of preliminaries, has thirty (30) minutes after the announcement of qualifiers for that race to notify the Scratch Desk that he/she may not intend to compete and further declares their final intentions to be noted within thirty (30) minutes following their last individual preliminary event (207.12.6.E(2)). If nine swimmers or less checks in for a particular event, those swimmers will be given the option of skipping the prelims and swimming in the finals only. If a swimmer opts to skip trials, he/she will be seeded into the finals at his/her entry time. If a swimmer does not check in for the prelims, he/she will not be seeded into finals. If a swimmer opts to swim in the trials, he/she will be seeded into finals at his/her trials time. If a swimmer disqualifies or 'no shows' in the trials, he/she will not be allowed to swim in finals. A swimmer must swim finals in order to receive points or an award. Swimmers requesting lead off splits must do so with the meet referee the day of the swim.

FINALS: Finals will not begin any sooner than 90 minutes after the end of prelims (relay events included), not including the 1500's and 800's. Swimmers have 30 minutes after results of preliminaries are announced to scratch from finals competition. A Swimmer may (on the same deadline) declare his/her intention to scratch pending results' announcements of their subsequent event in the prelims (not including the 1500's) but must notify the Clerk of Course of their decision 30 minutes after the results of their last individual event is announced. Swimmers will be seeded in the finals unless they are scratched. Any swimmer who fails to compete in an individual preliminary event in which they are seeded will be barred from all further individual and relay events of that day. Any swimmer qualifying for a final that fails to compete shall be barred from further competition for the remainder of the meet except as noted in USA Swimming rules. USA Swimming Scratch Rule 207.12.6 will be used at this meet. Nine (9) lanes will be used for finals.

DISTANCE EVENTS: The 800 Free, 1500 Free, and 10 & Un 400 Free will compete as a timed final. The 800 and 1500 will be swum 11-Up, but awarded as separate age groups. The 800 and 1500 will be swum fastest to slowest after a 10-minute break following the relay events. **Swimmers in the 800 and 1500 will be required to provide their own timer, lap counter and lap-counting device.**

AWARDS: Individual events will be awarded first through ninth place. Permanent and accurate awards will be given to the coaches the following day after finals, except Sunday's awards will be given to coaches that evening. "A" medals will be awarded to swimmers achieving new "A" times. Relay events will be awarded first through third place.

Scoring: Individual events: 10, 8, 7, 6, 5, 4, 3, 2 and 1. Relay events: 20, 16, 14, 12, 10, 8, 6, 4 and 2.

Top Team Awards: First through fifth place teams will be awarded.

Spirit Award: The team that continuously displays the most team spirit will be awarded.

High-Point: Top three male and female swimmers in each age group will be awarded.

Most Improved Team: The Team who has the largest % increase in team points from 2009 J.O's without being one of the top 5 team award winners will be awarded.

PROGRAMS: The Junior Olympic Swim Meet program will sell for \$6.00. Finals sheets will be given to coaches and officials, and to individuals who have purchased a swim meet program.

CONCESSIONS: Food Vendors and a snack bar with healthful meals, drinks and snacks will be available. Hospitality will provide snacks and drinks to Coaches, Timers, and Officials throughout the meet. Hospitality will also provide lunch and dinner for Coaches and Officials.

RESTRICTIONS: No overnight parking is allowed by the City of Roseville at the Roseville Aquatics Complex. Smoking and the use of other tobacco products are prohibited in all areas of the meet venue. The sale and use of alcoholic beverages is prohibited in all areas of meet venue. Glass containers as well as pets are not allowed in the pool area.

Please note the pool area will NOT be open Wednesday evening for early set up.

OFFICIALS: All Certified officials with current USA Swimming registration from any LSC are welcome to work this meet. All working officials are expected to display membership cards at the meet. Trials and finals dress for all officials will be white polo shirts and navy blue pants/shorts/skirts. Shorts will not be allowed for finals.

Officials must apply to work this meet. All Officials wanting an assigned position need to send their applications to work, to the Meet Referee, before Wednesday, July 14, 2010. All Stroke and Turn Officials need to apply by sending their applications to the Meet Referee before July 19, 2010.

This is a qualifying meet for National Officials Certification. We will apply for approval that this meet will be a Qualifying Meet for National Officials Certification. In order for the LSC Official to advance, the candidate has to be observed by a National Evaluator indicating that the candidate has demonstrated the appropriate qualities and skills over several sessions and has been recommended for advancement by the National Evaluator. In order for the N2 Officials to advance to their highest certification, the Official needs to have officiated at a minimum of four (4) sessions at two "Qualifying" meets in the 24 months prior to applying for the N3 Certification. **In order for the Qualifying Meet to be valid for the Official, the Official has to work four (4) sessions.** All officials are urged to attend the mini-clinic briefings, whether or not they desire N2 or N3 certification evaluations. Remember, in order to be eligible for the N2 or N3 certification, an official has to have been an official for at least a year at the LSC level or equivalent. It is expected that swimmers will be capable of swimming National Championships and/or Junior National Championship qualifying times at this meet. This meet is open to all Officials who wish to, and are eligible to, be evaluated for advancement and re-certification. Officials wishing to be evaluated at this meet, please email request form to the **Meet Referee**, Bill Fisher, at golfswim2003@yahoo.com. We will try to accommodate all requests for evaluation but this may not be possible, especially at the Deck Referee, Starter and Chief Judge positions. Requests will be considered in the order in which they are received.

Schedule of Official's Briefings:

Official's Briefing Trials: 8:00 AM to 8:45 AM (required of all Officials) each day.

Official's Briefing Finals: One half hour before finals begin (required of all Officials)

MEET OFFICIALS:

MEET REFEREE:	Bill Fisher
ADMIN. REFEREE:	Don Brown
DECK REFEREE:	Kenneth Price
HEAD STARTER:	Jeff Jones
CHIEF JUDGE LEAD:	Lou Schlitz
MEET DIRECTOR:	Pete Votava (916) 772-6370 ext. 5



SUMMARY OF EVENTS

	8-Under	10-Under	11-12	13-14	15-16	17-Over
THURSDAY		200 Free 50 Fly 100 Brst	200 Free 100 Fly 200 Brst 50 Back 400 Med Rel 1500 Free (W)	200 Free 100 Fly 200 Brst 400 Med Rel 1500 Free (W)	200 Free 200 Brst 200 Back 400 Med Rel 1500 Free (W)	200 Free 200 Brst 200 Back 400 Med Rel 1500 Free (W)
FRIDAY		200 IM 100 Free 50 Back	200 IM 100 Free 200 Back 50 Fly 400 Free Rel 1500 Free (M)	200 IM 100 Free 200 Back 400 Free Rel 1500 Free (M)	400 IM 100 Free 100 Fly 400 Free Rel 1500 Free (M)	400 IM 100 Free 100 Fly 400 Free Rel 1500 Free (M)
SATURDAY	100 Free 50 Brst 50 Back	400 Free 50 Brst 100 Back 200 Med Rel	400 Free 50 Brst 100 Back 200 Med Rel 800 Free (W)	400 Free 100 Brst 100 Back 800 Free Rel 200 Med Rel 800 Free (W)	200 Fly 100 Brst 100 Back 200 Med Rel 800 Free (W)	200 Fly 100 Brst 100 Back 200 Med Rel 800 Free (W)
SUNDAY	50 Fly 50 Free	100 Fly 50 Free 200 Free Rel	100 Brst 400 IM 50 Free 200 Fly 200 Free Rel 800 Free (M)	400 IM 50 Free 200 Fly 200 Free Rel 800 Free (M)	400 Free 200 IM 50 Free 800 Free Rel 200 Free Rel 800 Free (M)	400 Free 200 IM 50 Free 800 Free Rel 200 Free Rel 800 Free (M)



ORDER OF EVENTS

Thursday, July 22, 2010

Girls Qualifying Times

Boys Qualifying Times

Event	SCY	SCM	LCM			LCM	SCM	SCY	Event
1	2:20.29	2:34.99	2:38.89	17&OV	200 FREE	2:26.09	2:21.29	2:07.89	2
3	2:13.49	2:27.79	2:30.79	15-16	200 FREE	2:28.59	2:23.69	2:10.09	4
5	2:28.69	2:44.49	2:47.59	11-12	200 FREE	2:47.79	2:42.99	2:27.49	6
7	2:17.89	2:32.69	2:36.29	13-14	200 FREE	2:35.19	2:29.89	2:15.69	8
9	2:58.29	3:16.99	3:23.59	10&UN	200 FREE	3:13.99	3:08.89	2:50.89	10
11	2:55.79	3:14.19	3:20.79	17&OV	200 BRST	3:04.19	2:55.99	2:39.29	12
13	2:56.39	3:14.89	3:21.19	15-16	200 BRST	3:08.79	2:59.69	2:42.59	14
15	1:20.19	1:28.59	1:30.79	11-12	100 FLY	1:29.49	1:26.99	1:18.69	16
17	1:13.49	1:21.19	1:22.89	13-14	100 FLY	1:16.99	1:15.29	1:08.09	18
19	42.99	47.49	48.59	10&UN	50 FLY	42.99	47.49	48.59	20
21	2:35.39	2:51.69	2:58.19	17&OV	200 BACK	2:43.59	2:34.49	2:19.89	22
23	2:35.89	2:52.19	2:57.99	15-16	200 BACK	2:43.89	2:38.39	2:23.39	24
25	3:11.69	3:31.79	3:40.59	11-12	200 BRST	3:37.49	3:26.89	3:07.29	26
27	3:00.69	3:19.69	3:27.99	13-14	200 BRST	3:17.19	3:07.09	2:49.39	28
29	1:46.69	1:57.89	2:02.29	10&UN	100 BRST	1:59.79	1:54.59	1:43.69	30
31	36.79	40.59	42.29	11-12	50 BACK	42.19	40.29	36.49	32
33				15-18	400 M.R.				34
35				13-14	400 M.R.				36
37				11-12	400 M.R.				38
167	23:27.89	23:19.69	24:12.39	11-12	1500 FREE				
	21:53.19	21:45.59	22:23.09	13-14	Girls				
	21:38.89	21:31.29	22:10.69	15-16	Only				
	21:27.19	21:19.69	21:58.49	17&OV					

Note: Event 167 will be swum between trials and finals, 10 minutes after event 38. All relay events and the 1500 Free are timed finals.

Please see a full list of hotel accommodations, restaurants and other activities in the area at:

www.placertourism.com.



ORDER OF EVENTS

Friday July 23, 2010

Girls Qualifying Times

Boys Qualifying Times

Event	SCY	SCM	LCM			LCM	SCM	SCY	Event
39	5:35.49	6:10.69	6:21.29	17&OV	400 I.M.	5:48.69	5:38.09	5:05.99	40
41	5:35.69	6:10.99	6:19.79	15-16	400 I.M.	5:54.39	5:44.59	5:11.79	42
43	2:46.49	3:03.99	3:09.99	11-12	200 I.M.	3:13.89	3:07.09	2:49.39	44
45	2:34.49	2:51.69	2:55.99	13-14	200 I.M.	2:52.39	2:46.99	2:28.89	46
47	3:19.39	3:40.29	3:46.49	10&UN	200 I.M.	3:44.79	3:38.89	3:18.09	48
49	1:04.89	1:11.69	1:14.09	17&OV	100 FREE	1:06.89	1:04.19	58.09	50
51	1:00.99	1:07.69	1:08.89	15-16	100 FREE	1:04.39	1:02.79	56.29	52
53	1:04.89	1:11.99	1:15.59	11-12	100 FREE	1:17.39	1:14.99	1:07.89	54
55	1:01.69	1:08.39	1:09.69	13-14	100 FREE	1:08.39	1:05.79	59.49	56
57	1:21.59	1:30.19	1:32.99	10&UN	100 FREE	1:31.09	1:28.29	1:19.99	58
59	1:10.99	1:18.39	1:19.49	17&OV	100 FLY	1:12.19	1:10.19	1:03.59	60
61	1:11.79	1:19.39	1:20.39	15-16	100 FLY	1:13.39	1:11.99	1:05.09	62
63	2:48.89	3:06.69	3:15.29	11-12	200 BACK	3:11.09	3:02.99	2:45.59	64
65	2:39.59	2:56.29	3:01.29	13-14	200 BACK	2:54.09	2:45.49	2:29.79	66
67	43.49	47.99	49.89	10&UN	50 BACK	50.09	48.29	43.69	68
69	35.09	38.79	39.39	11-12	50 FLY	39.59	38.89	35.19	70
71				15-18	400 F.R.				72
73				13-14	400 F.R.				74
75				11-12	400 F.R.				76
				11-12	1500 FREE	24:05.29	23:02.49	23:10.49	168
				13-14	(BOYS ONLY)	21:35.29	20:44.69	20:51.99	
				15-16		20:49.49	20:14.79	20:21.89	
				17&OV		20:35.79	19:52.49	19:59.39	

Note: Event 168 will be swum between trials and finals, 10 minutes after event 76. All relay events and the 1500 Free are timed finals.

Please see a full list of hotel accommodations, restaurants and other activities in the area at: www.placertourism.com.



ORDER OF EVENTS

Saturday, July 24, 2010

Girls Qualifying Times

Boys Qualifying Times

Event	SCY	SCM	LCM			LCM	SCM	SCY	Event
77	2:34.59	2:50.79	2:55.09	17&OV	200 FLY	2:38.89	2:35.19	2:20.39	78
79	2:36.49	2:52.89	2:56.19	15-16	200 FLY	2:43.19	2:39.69	2:24.49	80
81	1:28.59	1:35.69	1:39.49	8&UN	100 FREE	1:33.49	1:30.19	1:23.09	82
83	7:39.49	6:42.09	6:51.59	10&UN	400 FREE	6:52.69	6:38.39	7:35.19	84
85	6:06.49	5:20.59	5:28.69	13-14	400 FREE	5:27.99	5:17.79	6:03.19	86
87	6:40.09	5:50.09	6:00.09	11-12	400 FREE	5:54.39	5:45.79	6:35.09	88
89	47.79	52.79	54.89	10&UN	50 BRST	55.09	52.99	47.89	90
91	51.59	55.29	57.79	8&UN	50 BRST	57.29	54.79	51.09	92
93	1:21.49	1:30.09	1:32.49	17&OV	100 BRST	1:24.99	1:20.89	1:13.19	94
95	1:21.99	1:30.59	1:33.89	15-16	100 BRST	1:26.39	1:22.49	1:14.69	96
97	1:24.09	1:32.89	1:36.39	13-14	100 BRST	1:28.09	1:26.29	1:18.09	98
99	40.89	45.19	45.59	11-12	50 BRST	47.09	45.09	40.79	100
101	48.09	51.79	53.99	8&UN	50 BACK	52.89	50.79	47.09	102
103	1:33.99	1:43.79	1:48.89	10&UN	100 BACK	1:45.69	1:41.69	1:32.09	104
105	1:11.69	1:19.19	1:23.09	17&OV	100 BACK	1:14.89	1:10.89	1:04.19	106
107	1:12.09	1:19.69	1:22.69	15-16	100 BACK	1:16.49	1:13.19	1:06.19	108
109	1:14.19	1:21.99	1:24.29	13-14	100 BACK	1:20.59	1:16.89	1:09.59	110
111	1:21.09	1:29.59	1:31.09	11-12	100 BACK	1:31.39	1:27.39	1:19.09	112
113				13-14	800 F.R.				114
115				10&UN	200 M.R.				116
117				11-12	200 M.R.				118
119				15-18	200 M.R.				120
121				13-14	200 M.R.				122
169	13:55.99	12:11.59	12:33.69	11-12	800 FREE				78
	13:08.29	11:29.89	11:41.99	13-14	Girls				80
	12:55.49	11:18.69	11:30.19	15-16	Only				82
	12:53.09	11:16.59	11:26.79	17&OV					84

Note: Event 169 will be swum between trials and finals, 10 minutes after event 122. All relay events, all 8 & Under events, the 800 Free and the 10 & Under 400 Free are timed finals.

Please see a full list of hotel accommodations, restaurants and other activities in the area at:
www.placertourism.com.



ORDER OF EVENTS

Sunday, July 25, 2010

Girls Qualifying Times

Boys Qualifying Times

Event	SCY	SCM	LCM			LCM	SCM	SCY	Event
123	1:29.29	1:38.69	1:41.89	11-12	100 BRST	1:40.89	1:36.99	1:27.79	124
125	6:13.69	5:27.09	5:35.19	17&OV	400 FREE	5:11.09	5:01.19	5:44.19	126
127	6:16.29	5:29.39	5:34.69	15-16	400 FREE	5:14.39	5:07.49	5:51.29	128
129	5:35.49	6:10.79	6:20.99	13-14	400 I.M.	6:13.19	5:59.69	5:25.49	130
131	6:04.19	6:42.39	6:55.89	11-12	400 I.M.	6:51.79	6:33.69	5:56.29	132
133	1:42.09	1:52.79	1:55.19	10&UN	100 FLY	1:53.19	1:50.89	1:40.39	134
135	49.09	52.79	55.09	8&UN	50 FLY	54.49	52.29	48.59	136
137	2:37.39	2:53.99	2:59.69	17&OV	200 I.M.	2:43.89	2:37.59	2:22.59	138
139	2:39.29	2:55.99	3:01.19	15-16	200 I.M.	2:48.89	2:41.79	2:26.39	140
141	28.89	31.89	32.79	13-14	50 FREE	32.79	31.49	28.49	142
143	29.99	33.29	34.19	11-12	50 FREE	35.29	34.29	30.99	144
145	35.99	39.79	40.79	10&UN	50 FREE	40.19	38.89	35.19	146
147	40.09	43.79	45.19	8&UN	50 FREE	42.99	41.79	38.09	148
149	30.09	33.19	34.09	17&OV	50 FREE	30.29	29.29	26.59	150
151	28.69	31.79	32.49	15-16	50 FREE	29.99	29.19	26.39	152
153	2:40.99	2:57.89	3:02.29	13-14	200 FLY	2:51.99	2:47.89	2:31.99	154
155	2:51.79	3:09.79	3:14.19	11-12	200 FLY	3:13.39	3:05.89	2:48.29	156
157				15-18	800 F.R.				158
159				10&UN	200 F.R.				160
161				11-12	200 F.R.				162
163				13-14	200 F.R.				164
165				15-18	200 F.R.				166
123				11-12	800 FREE	12:28.59	12:03.29	13:46.49	170
125				13-14	BOYS	11:21.79	11:00.29	12:34.39	
127				15-16	ONLY	10:52.09	10:37.29	12:08.19	
129				17&OV		10:48.99	10:29.39	11:59.19	

Note: Event 170 will be swum between trials and finals, 10 minutes after event 166. All relay events, the 800 Free and all 8 & Under events are timed finals

Please see a full list of hotel accommodations, restaurants and other activities in the area at:
www.placertourism.com.

