

BERKELEY AQUATIC CLUB WINTER LONG COURSE INVITATIONAL

Friday, January 9, 2009

MORNING SESSION

WARM-UP 7:15AM

START: 8:15AM

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
1	9:39.59	*SENIOR	800 Free	9:05.49	2
	9:26.09**			8:53.69**	
3	1:21.99	SENIOR	100 Breast	1:13.99	4
5	2:14.79	SENIOR	200 Free	2:06.49	6
7	1:09.29	SENIOR	100 Fly	1:03.59	8
9	2:33.69	SENIOR	200 IM	2:23.39	10
11	NT	SENIOR	800 Free Relay	NT	12

* 800 Free Heats 2 & 3 will be swum at the end of the AM session after the relay events fast to slow.

**Non-NJ LSC swimmers must have achieved this faster time.

AFTERNOON SESSION

WARM-UP: 12:45PM

START: 1:30 PM

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
13	2:24.09	13/14	200 Free	2:18.79	14
15	37.29	11/12	50 Back	37.39	16
17	36.49	10/U	50 Free	35.99	18
19	1:16.29	13/14	100 Back	1:13.09	20
21	5:16.09	11/12	400 Free	5:14.69	22
23	1:36.79	10/U	100 Back	1:34.29	24
25	3:04.29	13/14	200 Breast	2:58.09	26
27	40.99	11/12	50 Breast	41.09	28
29	1:47.69	10/U	100 Breast	1:45.39	30
31	2:44.89	13/14	200 IM	2:36.59	32

Saturday, January 10, 2009

MORNING SESSION

WARM-UP 7:15AM

START: 8:15AM

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
33	5:22.09	SENIOR	400 IM	5:00.69	34
35	29.09	SENIOR	50 Free	26.49	36
37	1:11.29	SENIOR	100 Back	1:06.09	38
39	4:38.59	SENIOR	400 Free	4:22.49	40
41	NT	SENIOR	400 Medley Relay	NT	42

AFTERNOON SESSION

WARM-UP: 12:45PM

START: 1:30 PM

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
43	32.09	11/12	50 Free	31.39	44
45	31.09	13/14	50 Free	29.09	46
47	42.19	10/U	50 Fly	40.69	48
49	1:19.59	11/12	100 Fly	1:18.49	50
51	2:41.29	13/14	200 Fly	2:34.29	52
53	3:20.69	10/U	200 IM	3:17.69	54
55	1:30.49	11/12	100 Breast	1:29.79	56
57	1:06.29	13/14	100 Free	1:03.89	58
59	2:51.19	10/U	200 Free	2:51.39	60
61	2:30.39	11/12	200 Free	2:29.39	62
63	5:45.09	13/14	400 IM	5:34.29	64
65	48.99	10/U	50 Breast	48.39	66

BURGDORFF-ERA INVITATIONAL
Sunday, January 11, 2009

MORNING SESSION **WARM-UP 7:15AM** **START: 8:15AM**

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
67	18:22.59	*SENIOR	1500 Free		
	18:03.59**				
68	2:55.09	SENIOR	200 Breast	2:39.59	69
70	2:33.79	SENIOR	200 Back	2:20.79	71
72	1:03.09	SENIOR	100 Free	57.69	73
74	2:30.39	SENIOR	200 Fly	2:19.69	75
		*SENIOR	1500 Free	17:29.59	76
				17:05.59**	
77	NT	SENIOR	400 Free Relay	NT	78

* 1500 Free Heats 2 & 3 will be swum at the end of the AM session after the relay events fast to slow.

** Non-NJ LSC swimmers must have achieved this faster time.

AFTERNOON SESSION **WARM-UP: 12:45PM** **START: 1:30 PM**

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
79	1:10.09	11/12	100 Free	1:08.19	80
81	4:58.09	13/14	400 Free	4:51.09	82
83	44.09	10/U	50 Back	43.99	84
85	35.19	11/12	50 Fly	34.79	86
87	1:13.39	13/14	100 Fly	1:09.69	88
89	1:22.19	10/U	100 Free	1:19.99	90
91	1:21.69	11/12	100 Back	1:21.49	92
93	2:43.19	13/14	200 Back	2:37.69	94
95	1:38.09	10/U	100 Fly	1:36.59	96
97	2:52.69	11/12	200 IM	2:51.69	98
99	1:25.89	13/14	100 Breast	1:21.49	100