

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

Friday, May 25, 2007

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

Women	Time Standard		Event	Time Standard		
	Open	13-14		13-14	Open	
201	10:43.29	11:10.89	800 Freestyle*	10:49.59	10:06.39	202
203	NTS	NTS	800 Freestyle Relay**	NTS	NTS	204

* The 800 Free is 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 Open).

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

Saturday, May 26, 2007

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

Women	Time Standard		Event	Time Standard		Men
	Open	13-14		13-14	Open	
205	2:45.69	2:59.59	200 Butterfly	2:56.09	2:34.09	206
207	1:29.09	1:34.09	100 Breaststroke	1:30.49	1:20.79	208
209	2:48.89	2:57.89	200 Backstroke	2:52.39	2:35.29	210
211	:31.29	:33.69	50 Freestyle	:32.09	:28.59	212
213	5:07.09	5:24.29	400 Freestyle***	5:15.49	4:54.29	214
215	NTS	NTS	400 Freestyle Relay****	NTS	NTS	216

Sunday, May 27, 2007

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

Women	Time Standard		Event	Time Standard		Men
	Open	13-14		13-14	Open	
217	1:16.49	1:19.89	100 Butterfly	1:16.29	1:09.89	218
219	2:23.39	2:34.99	200 Freestyle	2:30.89	2:14.39	220
221	1:19.09	1:23.79	100 Backstroke	1:20.19	1:12.29	222
223	6:00.89	6:18.29	400 Individual Medley***	6:05.09	5:35.59	224
225	NTS	NTS	400 Medley Relay****	NTS	NTS	226

Monday, May 28, 2007

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

Women	Time Standard		Event	Time Standard		Men
	Open	13-14		13-14	Open	
227	2:46.09	2:56.19	200 Individual Medley	2:50.69	2:32.39	228
229	1:06.69	1:11.99	100 Freestyle	1:08.49	1:00.99	230
231	3:10.59	3:19.99	200 Breaststroke	3:14.99	2:54.59	232
233	20:39.69	21:59.19	1500 Freestyle*****	21:54.19	19:25.89	234

*** Event is swum fastest to slowest, alternating heats of women and men. Positive check-in is required 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 Open Age Group.

**** The 13-14 and Open 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 6:00pm Sunday evening 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 1500 freestyle immediately following finals for event 230. Swimmers that do not check in by 6:00pm Sunday evening may check in by 10:00am Monday morning to be seeded AFTER the swimmers already seeded in heats. This event will be swum fastest to slowest, alternating heats of women and men. Swimmers must provide their own timer and personnel to count laps.