



Eastern Zone Southern Region Sectional Meet

2010 Speedo Championship Series Meet

March 25-28, 2010

Order of Events

Thursday, March 25, 2010

Timed Finals: 4:30pm start

Women			#	Event	#	Men		
LCM	SCM	SCY				SCY	SCM	LCM
18:16.79	17:43.19	17:54.39	1	1650 yard Freestyle				
				1000 yard Freestyle	2	10:09.89	8:58.59	9:11.39

Friday, March 26, 2010

Prelims: 9:00am start

Finals: 6:00pm start

Women			#	Event	#	Men		
LCM	SCM	SCY				SCY	SCM	LCM
2:12.69	2:10.79	1:57.79	3	200 yard Freestyle	4	1:46.49	1:58.09	2:01.49
1:18.29	1:16.49	1:08.89	5	100 yard Breaststroke	6	1:02.19	1:09.09	1:10.39
1:07.49	1:06.79	1:00.09	7	100 yard Butterfly	8	54.09	1:00.09	1:00.89
5:22.19	5:09.69	4:39.99	9	400 yard IM	10	4:15.09	4:43.19	4:49.89
9:06.29	8:58.89	8:05.39	11	800 yard Free Relay	12	7:22.39	8:06.69	8:14.79

Saturday, March 27, 2010

Prelims: 9:00am start

Finals: 6:00pm start

Women			#	Event	#	Men		
LCM	SCM	SCY				SCY	SCM	LCM
4:44.09	4:40.29	4:12.29	13	200 yard Medley Relay	14	3:46.99	4:15.59	4:19.69
2:29.49	2:28.19	2:13.49	15	200 yard Butterfly	16	2:01.49	2:14.89	2:16.29
28.59	28.19	25.39	17	50 yard Freestyle	18	22.49	24.99	25.59
2:49.39	2:47.09	2:30.49	19	200 yard Breaststroke	20	2:15.39	2:30.29	2:32.99
1:09.39	1:07.89	1:01.09	21	100 yard Backstroke	22	55.09	1:01.19	1:02.89
4:38.19	4:32.59	5:12.49	23	500 yard Freestyle	24	4:48.39	4:10.89	4:18.59
4:14.99	4:10.89	3:45.79	25	400 yard Free Relay	26	3:21.89	3:44.09	3:48.69

Sunday, March 28, 2010

Prelims: 9:00am start

Finals: 6:00pm start

Women			#	Event	#	Men		
LCM	SCM	SCY				SCY	SCM	LCM
1:57.79	1:56.19	1:44.59	27	200 yard Free Relay	28	1:32.69	1:42.19	1:45.49
9:34.99	9:19.99	10:40.29	29	1000 yard Freestyle				
				1650 yard Freestyle	30	16:43.99	16:35.19	17:21.99
2:28.99	2:26.49	2:11.89	31	200 yard Backstroke	32	1:59.39	2:12.59	2:15.39
1:01.89	1:00.89	54.79	33	100 yard Freestyle	34	48.99	54.39	55.69
2:30.59	2:26.59	2:12.49	35	200 yard IM	36	1:59.79	2:12.99	2:16.59
4:44.09	4:40.29	4:12.29	37	400 yard Medley Relay	38	3:46.99	4:15.59	4:19.69

Scratch deadlines:

- Thursday, 3:00pm: Thursday distance events (W 1650/M 1000).
- Thursday, 5:00pm: All Friday events (including positive check-in for 800 free relay).
- Friday, 6:30pm: All Saturday events (including positive check-in for 200 medley relay and 400 free relay).
- Saturday, 6:30pm: All Sunday events (including W 1000/M 1650 and positive check-in for 200 free relay and 400 medley relay).

Relay Events: Relays are timed-final events. The fastest two heats will swim the finals during the evening session. The Sunday Relay Rule will be in effect for Sunday relays. Remaining heats will swim with preliminaries during the morning session. All relays must be positively checked-in by the appropriate scratch deadline. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. 200 yard Medley Relay entry times must be provable 400 Medley Relay times.

Thursday Distance Events: The Women's 1650 yard Freestyle will be swum slowest-to-fastest, followed by the Men's 1000 yard Freestyle swum slowest-to-fastest. These events are timed finals.

Sunday Distance Events: The fastest heat of the Women's 1000 yard Freestyle and the fastest heat of the Men's 1650 yard Freestyle will be swum at the beginning of the evening finals session. The remaining heats will swim on Sunday afternoon, such that the last heat finishes at 4:30pm. The heats will be swum alternating women and men such that the second-fastest men's heat swims last, the second-fastest women's heat swims next-to-last, etc. The heat order will be published after the scratch deadline. These events are timed finals.