

Events
Friday, February 19, 2010

Warm-up 5:00 – 6:00 pm Events 6:10 pm

Women Event #	NFT SCY QT	Events	NFT SCY QT	Men Event #
1	2:44.00	9-10 200 yd Freestyle	2:44.00	2
3	2:18.50	11-12 200 yd Freestyle	2:19.00	4
5	5:38.00	13-14 500 yd Freestyle	5:26.00	6
7	5:28.30	15-18 500 yd Freestyle	5:07.70	8
* positive check by 5:30 (or 30 minutes after warm up begins)				

Events
Saturday, February 20, 2010
13 & Over Swimmers

Warm-up 7:00-8:00 am Events 8:10 am

Women Event #	NFT SCY QT	Events	NFT SCY QT	Men Event #
9	1:07.00	13-14 100 yd Backstroke	1:04.50	10
11	1:07.10	15-18 100 yd Backstroke	1:01.60	12
13	2:06.90	13-14 200 yd Freestyle	2:02.00	14
15	2:04.30	15-18 200 yd Freestyle	1:53.50	16
17	1:16.60	13-14 100 yd Breaststroke	1:13.00	18
19	1:17.00	15-18 100 yd Breaststroke	1:11.00	20
21	2:37.10	13-14 200 yd Butterfly	2:32.60	22
23	2:31.50	15-18 200 yd Butterfly	2:20.70	24
25	27.10	13-14 50 yd Freestyle	25.70	26
27	27.00	15-18 50 yd Freestyle	24.20	28
* positive check by 7:30 (or 30 minutes after warm up begins)				

Events
 Saturday February 20, 2010
 11-12 Swimmers

Warm-up 12:30-1:30 pm Events 1:40 pm

Women Event #	NFT SCY QT	Events	NFT SCY QT	Men Event #
29	1:13.00	11-12 100 yd Backstroke	1:12.80	30
31	32.80	11-12 50 yd Butterfly	33.00	32
33	2:38.80	11-12 200 yd Individual Medley	2:40.00	34
35	1:23.00	11-12 100 yd Breaststroke	1:25.20	36
37	29.00	11-12 50 yd Freestyle	28.60	38
* positive check by 1:00 (or 30 minutes after warm up begins)				

Events

Saturday, February 20, 2010

9-10 Year Old Swimmers

Warm-up 4:30-5:30 pm Events 5:40 pm

Women Event #	NFT SCY QT	Events	NFT SCY QT	Men Event #
39	1:25.20	9-10 100 yd Backstroke	1:25.80	40
41	37.80	9-10 50 yd Butterfly	38.90	42
43	3:02.00	9-10 200 yd Individual Medley	3:04.00	44
45	1:36.00	9-10 100 yd Breaststroke	1:37.40	46
47	33.00	9-10 50 yd Freestyle	32.90	48
* positive check by 5:00 (or 30 minutes after warm up begins)				

Events
Sunday, February 21, 2010
13 & Over Swimmers

Warm-up 7:00-8:00 am Events 8:10 am

Women Event #	NFT SCY QT	Events	NFT SCY QT	Men Event #
49	2:45.10	13-14 200 yd Breaststroke	2:39.00	50
51	2:45.50	15-18 200 yd Breaststroke	2:35.40	52
53	2:24.50	13-14 200 yd Individual Medley	2:20.50	54
55	2:22.70	15-18 200 yd Individual Medley	2:20.70	56
57	58.50	13-14 100 yd Freestyle	55.60	58
59	58.20	15-18 100 yd Freestyle	52.50	60
61	2:24.50	13-14 200 yd Backstroke	2:18.80	62
63	2:23.90	15-18 200 yd Backstroke	2:14.60	64
65	1:08.00	13-14 100 yd Butterfly	1:05.30	66
67	1:06.20	15-18 100 yd Butterfly	1:00.30	68
* positive check by 7:30 (or 30 minutes after warm up begins)				

Events
 Sunday February 21, 2010
 11-12 Swimmers

Warm-up 12:30-1:30 pm Events 1:40 pm

Women Event #	NFT SCY QT	Events	NFT SCY QT	Men Event #
69	1:13.30	11-12 100 yd Individual Medley	1:14.10	70
71	38.10	11-12 50 yd Breaststroke	39.00	72
73	1:14.30	11-12 100 yd Butterfly	1:16.00	74
75	34.10	11-12 50 yd Backstroke	34.10	76
77	1:03.30	11-12 100 yd Freestyle	1:03.50	78
* positive check by 1:00 (or 30 minutes after warm up begins)				

Events

Sunday, February 21, 2010

9-10 Year Old Swimmers

Warm-up 4:30-5:30 pm Events 5:40 pm

Women Event #	NFT SCY QT	Events	NFT SCY QT	Men Event #
79	1:25.20	9-10 100 yd Individual Medley	1:24.40	80
81	43.90	9-10 50 yd Breaststroke	44.60	82
83	1:32.20	9-10 100 yd Butterfly	1:35.20	84
85	38.90	9-10 50 yd Backstroke	39.20	86
87	1:13.70	9-10 100 yd Freestyle	1:13.20	88
* positive check by 5:00 (or 30 minutes after warm up begins)				