

TOM DOLAN INVITATIONAL
December 3 to 6, 2009 @George Mason U. - Fairfax, VA

Thursday, December 3, 2009 @ George Mason University						
Warm-up 4:30 to 5:20 PM			Events 5:30 PM			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
1	6:00.99	5:34.99	12 & U 500 freestyle	5:59.99	5:32.99	2
3	19:04.99	20:19.79	13-14 1650 freestyle			
5	18:55.99	19:42.59	Open 1650 freestyle			
			13-14 1000 freestyle	11:24.99	10:24.39	4
			Open 1000 freestyle	10:19.99	9:47.49	6
7	2:40.99	3:01.69	12 & U 200 backstroke	2:44.99	3:06.19	8

Note: All athletes who intend on swimming events 1 to 6 must check-in by 5:00 PM at the scratch table. Athletes swimming event 7 or 8 must check-in by 7:00 PM.

Friday, December 4, 2009 13 & Over Preliminaries @ George Mason University						
Warm-up 7:30 to 8:40 AM			Events 8:45 AM			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
9	1:16.59	1:22.99	13-14 100 breast	1:12.49	1:20.39	10
11	1:12.39	1:21.99	Open 100 breast	1:05.99	1:17.19	12
17	2:06.49	2:19.99	13-14 200 free	2:01.99	2:19.19	18
19	1:58.99	2:16.09	Open 200 free	1:48.99	2:04.99	20
25	1:06.99	1:14.39	13-14 100 fly	1:04.99	1:11.99	26
27	1:02.19	1:12.99	Open 100 fly	56.99	1:05.99	28
33	4:59.99	5:49.79	13-14 400 IM	5:00.79	5:32.29	34
35	4:41.99	5:39.09	Open 400 IM	4:22.09	5:14.89	36
45	9:09.99		13-14 800 free relay	8:33.99		46
47	8:24.99		Open 800 free relay	7:42.99		48

Note:

- 400 IM check-in by 8:30 AM
- All 800 freestyle relays must check-in by 10:00 AM. The fastest heat in each event will swim at the end of the PM finals, all others swim at the end of preliminaries. Event is swum fastest to slowest.

Friday, December 4, 2009 12 & Under Preliminaries @ George Mason University						
Warm-up 1:00 to 1:50 PM			Events 2:00 PM			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
141	5:36.09	6:23.99	11-12 400 IM (NEW!!)	5:28.89	6:20.19	142
13	37.79	43.09	11-12 50 breaststroke	37.99	43.39	14
15	43.39	50.69	10 & U 50 breaststroke	43.39	50.49	16
21	1:03.59	1:12.19	11-12 100 free	1:03.59	1:12.19	22
23	1:14.59	1:24.19	10 & U 100 free	1:13.99	1:23.59	24
29	32.49	36.49	11-12 50 butterfly	32.59	36.49	30
31	37.99	43.69	10 & U 50 butterfly	38.59	43.89	32
37	1:13.49	1:25.89	11-12 100 backstroke	1:13.59	1:25.59	38
39	1:26.59	1:39.19	10 & U 100 backstroke	1:26.99	1:39.59	40
41	3:02.19	3:25.59	12 & U 200 breaststroke	3:02.19	3:25.59	42
43	4:38.99		11-12 400 freestyle relay	4:35.99		44

Note:

- All 400 freestyle relays must check-in by 2:30 PM. The event is swum fastest to slowest as the final event of preliminaries.
- 11-12 400 IM Check in closes at 1:30pm.

Saturday, December 5, 2009 13 & Over Preliminaries @ George Mason University						
Warm-up 7:30 to 8:40 AM			Events 8:45 AM			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
53	1:54.69		13-14 200 freestyle relay	1:49.19		54
55	1:49.19		Open 200 freestyle relay	1:37.89		56
57	2:44.89	3:06.89	13-14 200 breast	2:39.29	2:54.79	58
59	2:37.79	3:01.99	Open 200 breast	2:23.99	2:47.09	60
65	27.19	30.99	13-14 50 free	25.89	29.39	66
67	25.79	29.99	Open 50 free	23.29	27.49	68
73	1:07.19	1:17.09	13-14 100 back	1:04.99	1:12.59	74
75	1:03.39	1:13.59	Open 100 back	57.79	1:07.59	76
81	5:26.99	5:03.49	13-14 500 free	5:15.99	4:53.49	82
83	5:14.99	4:49.99	Open 500 free	4:53.99	4:30.99	84
89	4:44.99		13-14 400 medley relay	4:32.29		90
91	4:29.49		Senior 400 medley relay	4:05.19		92

Note:

- 500 freestyle check-in by 9:30 AM
- 400 medley relays check-in by 10:00 AM. Events swum fastest to slowest. The fastest heat in each event will swim at the end of the PM finals, all others swim at the end of preliminaries.

Saturday, December 5, 2009 12 & Under Preliminaries @ George Mason University						
Warm-up 1:00 to 1:50 PM			Events 2:00 PM			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
49	2:24.49		11-12 200 medley relay	2:24.29		50
51	2:47.99		10 & U 200 medley relay	2:47.79		52
61	1:22.79	1:34.69	11 & 12 100 breaststroke	1:22.39	1:34.69	62
63	1:35.49	1:53.69	10 & U 100 breaststroke	1:36.39	1:53.99	64
69	28.79	33.49	11-12 50 freestyle	28.99	32.79	70
71	32.99	37.19	10 & U 50 freestyle	32.99	37.09	72
77	33.99	38.49	11-12 50 backstroke	33.99	38.49	78
79	38.99	44.89	10 & U 50 backstroke	38.79	44.79	80
85	2:36.19	3:00.99	11-12 200 IM	2:37.59	3:01.59	86
87	3:04.99	3:28.99	10 & U 200 IM	3:05.89	3:30.99	88
93	2:51.99	3:14.09	12 & U 200 fly	2:50.29	3:12.19	94

PENROSE
FINANCIAL
SERVICES

Sunday, December 6, 2009 13 & Over Preliminaries @ George Mason University						
Warm-up 7:30 to 8:40 AM			Events 8:45 AM			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
99	NT		13-14 200 medley relay	NT		100
101	NT		Open 200 medley relay	NT		102
103	2:24.99	2:44.99	13-14 200 back	2:22.09	2:36.39	104
105	2:15.99	2:39.99	Open 200 back	2:05.59	2:26.59	106
111	58.59	1:06.09	13-14 100 free	55.29	1:03.89	112
113	55.44	1:02.99	Open 100 free	50.29	57.99	114
119	2:28.59	2:42.49	13-14 200 fly	2:24.99	2:34.79	120
121	2:18.79	2:38.49	Open 200 fly	2:03.99	2:26.00	122
127	2:23.79	2:40.09	13-14 200 IM	2:17.69	2:37.89	128
129	2:15.79	2:35.99	Open 200 IM	2:04.99	2:23.99	130
133	4:09.49		13-14 400 freestyle relay	3:59.39		134
135	3:55.59		Open 400 freestyle relay	3:34.19		136
137	11:40.99	10:29.69	13-14 1000 freestyle			
139	11:15.99	10:16.89	Open 1000 freestyle			
			13-14 1650 freestyle	19:30.99	19:19.79	138
			Open 1650 freestyle	17:25.99	18:34.49	140

Note:

- 400 freestyle relay check-in by 10:00 AM. Events swum fastest to slowest. The fastest heat in each event will swim at the end of the PM finals session, all others swim at the end of preliminaries (prior to the distance events).
- Women's 1000 freestyle and Men's 1650 freestyle check-in by 6:45 PM Saturday (check-in to begin Saturday AM). Events swum fastest to slowest and combined by age group. The events will be scored separately. The fastest heat will swim as the first event of finals.

Sunday, December 6, 2009 12 & Under Preliminaries @ George Mason University						
Warm-up 1:00 to 1:50 PM			Events 2:00 PM			
Girls Event #	No slower than SCY	No slower than LCM		No slower than SCY	No slower than LCM	Boys Event #
95	2:06.29		11-12 200 freestyle relay	2:05.89		96
97	2:23.89		10 & U 200 freestyle relay	2:22.99		98
107	1:12.59		11-12 100 IM	1:12.39		108
109	1:22.79		10 & U 100 IM	1:23.99		110
115	1:14.99	1:24.49	11-12 100 butterfly	1:14.99	1:25.19	116
117	1:34.99	1:47.19	10 & U 100 butterfly	1:35.99	1:47.19	118
123	2:18.29	2:39.49	11-12 200 freestyle	2:18.79	2:37.19	124
125	2:45.99	3:14.99	10 & U 200 freestyle	2:42.99	3:10.99	126
131	5:24.19		11-12 400 medley relay	5:20.69		132

Note:

- 400 medley relays must check-in by 3:30 PM. The event is swum fastest to slowest as the final event of preliminaries.

PENROSE
FINANCIAL
SERVICES