

## QUALIFYING TIMES – Middle Atlantic Short Course Senior Championships 2009

### WOMEN

### MEN

Friday

Prelim Warm-Up - 7:30 AM      Meet Starts - 9:00 AM      Finals Warm-up – 4:00 PM      Meet Starts – 5:00 PM

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
1	1:29.79	1:24.59	1:15.79	100 Breaststroke	1:09.19	1:16.49	1:20.59	2
3	2:25.39	2:19.99	2:05.49	200 Freestyle	1:55.39	2:08.79	2:17.39	4
5	1:16.09	1:12.89	1:05.29	100 Butterfly	59.79	1:06.79	1:09.09	6
7	2:46.09	2:43.29	2:24.99	200 Individual Medley	2:17.39	2:33.39	2:37.19	8
9				800 Freestyle Relay				10
11	10:41.89	10:26.49	11:55.89	1000 Freestyle	11:12.19	9:48.19	10:04.59	12

Saturday

Prelim Warm-Up - 7:30 AM      Meet Starts - 9:00 AM      Finals Warm-up – 4:00 PM      Meet Starts – 5:00 PM

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
13	5:57.59	5:47.09	5:14.09	400 Individual Medley	4:49.09	5:19.49	5:29.99	14
15	31.89	32.39	26.99	50 Freestyle	24.09	26.89	28.79	16
17	1:18.39	1:14.59	1:06.79	100 Backstroke	1:03.29	1:10.69	1:11.99	18
19	3:08.49	3:06.79	2:47.29	200 Breaststroke	2:30.09	2:45.89	2:54.29	20
21	5:12.89	5:01.89	5:44.99	500 Freestyle	5:20.29	4:40.29	4:53.29	22
23				400 Medley Relay				24

Sunday

Prelim Warm-Up - 7:30 AM      Meet Starts - 9:00 AM      Finals Warm-up – 4:00 PM      Meet Starts – 5:00 PM

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
25	2:47.59	2:43.49	2:26.49	200 Backstroke	2:13.59	2:26.59	2:34.89	26
27	1:08.09	1:04.89	58.39	100 Freestyle	52.49	58.59	1:03.09	28
29	2:44.69	2:42.79	2:27.69	200 Butterfly	2:14.59	2:28.69	2:32.19	30
31				400 Freestyle Relay				32
33	20:28.49	19:51.99	19:59.89	1650 Freestyle	18:47.49	18:41.39	19:22.99	34

\*Swimmers for the 1000 and 1650 Freestyle events must provide their own timer and counter. The fastest heat of men and women in the 1000 Freestyle will swim as the first events at Thursday Finals; remaining heats will swim during Thursday Prelims. The fastest heat of men and women in the 1650 Free will swim as the first event at Saturday Finals; remaining heats will swim on Saturday afternoon with warm-up one hour before the scheduled start. The fastest two heats of each relay will swim at Finals.