

**2009 Summer**  
**Junior Olympic Championships**  
**July 16 - 19, 2009**  
**Hosted by**  
**BIG CAT AQUATICS**



**Revised 5/12/09 – girls 11-12 400 free LCM qualifying time**

Held Under the Sanction of Middle Atlantic Swimming

Meet Sanction MA 09115 AG

Time Trials Sanction MA 09115 TT

<b>Meet Site Director:</b>	<b>Stephanie Rozick</b>
<b>Safety Director:</b>	<b>Jodi Brenneman</b>
<b>Meet Manager:</b>	<b>Stephanie Rozick</b>
<b>Meet Referee:</b>	<b>Grant Forrest</b>
<b>General Chair:</b>	<b>Mike Seip</b>
<b>Age Group Chair:</b>	<b>Matt Sprang / Erik Posegay</b>
<b>Administrative Chair:</b>	<b>Fred Frank</b>
<b>Officials Chair:</b>	<b>Fred Killian</b>
<b>Middle Atlantic Office:</b>	<b>(302) 429-6288</b> <a href="mailto:office@maswim.org">office@maswim.org</a>



**MIDDLE  
ATLANTIC  
SWIMMING**



Notes on the 2009 Long Course Junior Olympics

- 👉 Swimmers who qualify for FINALS and do not compete are disqualified from participation in the remainder of the meet; Swimmers who qualify for FINALS on their last meet day and do not compete are subject to a \$50 fine. These penalties do not apply if the swimmer has appropriately scratched at Prelims, or is originally listed as an alternate.
- 👉 10 & Under events are TIMED FINALS; most 11-12, 13-14 and 15-19 events are Prelims/Finals and will have both A- and B- Finals.
- 👉 All Swimmers, including relay-only swimmers, must be entered into the meet prior to the entry deadline.
- 👉 Swimmers are limited to three (3) individual events each day and ten (10) total events.
- 👉 Swimmers eight (8) years and younger may enter 10 & Under events if they have achieved the event qualifying time.
- 👉 All 10 & Under Relays will swim in the afternoon. The top eight (8) seeded relays (after check-in) for 11-12, 13-14 and 15-19 will swim at Finals. All other relays will swim during the Prelims sessions.
- 👉 All Thursday evening swimmers and relays must provide their own Timers. Swimmers in the 800 Free must also provide their own lap counter.
- 👉 BONUS EVENTS will be allowed at this meet. Any swimmer having a qualifying time in one event may enter one additional event; any swimmer having two or more qualifying times may enter two additional events. Bonus events are included in the limit of three (3) individual events each day and ten (10) individual events for the meet. Swimmers must have an entry time to swim any bonus event. Bonus swims in events 400 meters or longer will be at the discretion of the Meet Director.
- 👉 'Fly-over' starts will be used at the morning and afternoon sessions.
- 👉 The 11-12 400 IM is a TIMED FINAL event, swum during the afternoon session only.

<b>LOCATION</b>	The meet will be held at the McCoy Natatorium on the campus of The Pennsylvania State University, Curtin & Bigler Roads, University Park, PA. The Penn State campus is approximately 1-1/2 hr from Harrisburg and 3-1/2 hr from Philadelphia.	
<b>FACILITIES</b>	The Natatorium is a 50-meter heated, outdoor 8-Lane facility. Pool depth at the starting end is 12' 6". A separate indoor pool will be available for warm-up and swim down during the meet. The pool has Non-turbulent lane markers and a CTS 5 Timing System. <b>PARKING:</b> Available in parking decks near the Natatorium. <b>Penn State University controls all parking and fees.</b> Additional lots near the Bryce Jordan Center may have unrestricted parking. Please read restriction signs carefully. <b>FOOD:</b> A limited selection of food and swimming apparel will be available throughout the meet.	
<b>MEET DIRECTOR</b>	Stephanie Rozick, 5249 W. Buffalo Run Rd, Port Matilda, PA 16870, (814) 234-8955, e-mail <a href="mailto:bcatmeet@comcast.net">bcatmeet@comcast.net</a>	
<b>SAFETY DIRECTOR</b>	Jodi Brenneman: Emergency phone day of meet only 814-865-1432. MA safety rules and warm up procedures apply. All swimmers should be familiar with these rules. Any swimmer disregarding the rules could be suspended from the meet.	
<b>OFFICIALS</b>	Middle Atlantic Officials will be contacted via e-mail prior to the Meet to determine their availability. All officials are urged to work when present at the Meet.	
<b>ELIGIBILITY</b>	All swimmers must be currently registered with USA Swimming. The meet is limited to Middle Atlantic registered swimmers only. <b>Age Group is determined by the swimmer's age as of July 16, 2009.</b> <b>Each swimmer may compete in a maximum of three (3) individual events and one (1) relay per day; swimmers are limited to ten (10) total individual events in the meet.</b> <b>Bonus events will be allowed in this meet; any swimmer having a qualifying time in one event may enter one (1) additional event; any swimmer having two or more qualifying times may enter two (2) additional events. Bonus events count towards the daily and total meet entry limitations.</b> Qualifying times must have been <b>achieved on or after January 1, 2008.</b> Entry times (for non-Bonus events) must be equal to or faster than the Qualifying Times shown in the attached Tables. All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet or a Middle Atlantic Accepted meet. <b>YMCA and high school times are not acceptable unless that particular meet was granted one of the above statuses.</b> <i>Penalties will be imposed upon the swimmer when any coach, parent or swimmer enters a time other than the swimmer's best time for any particular event, and could cause the swimmer to be suspended from competition for a minimum of three months, but not more than one year. Further violations by a coach or parent could result in that person being forbidden to participate in, or attend, USA Swimming functions.</i>	
<b>ENTRY LIMITATIONS</b>	The Meet Director reserves the right to limit the number of heats in certain events, or to limit the number of entries per swimmer, or to otherwise modify the meet format, in order to run the meet in a timely manner.	
<b>WARM-UP &amp; START TIMES</b>	<b>Warm Up</b>	<b>Start</b>
	<b>Thursday</b>	<b>5:30 pm</b>
	<b>4:30 pm</b>	
	<b>Friday-Sunday</b>	
	<b>13 &amp; Over Prelims</b>	<b>8:00 am</b>
	<b>6:30 am</b>	
	<b>12 &amp; Under Prelims/TF</b>	<b>12:30 pm</b>
	<b>11:30 am</b>	
	<b>Finals</b>	<b>5:30 pm</b>
	<b>4:30 pm</b>	

	<p>Fly-over starts will be utilized at both morning and afternoon sessions in order to facilitate the running of the meet, except when Backstroke starts are used. Swimmers should remain in the water until after the start of the next heat.</p> <p>The afternoon sessions will begin no earlier than the above times, depending on the length of the morning sessions. Finals times may be delayed depending on the length of the afternoon sessions.</p>
<b>RELAYS</b>	<p>All Relays are Timed Finals and will be deck seeded. All 10 &amp; Under Relays will be swum during the afternoon session. The top eight (8) seeded 11-12, 13-14 and 15-19 Relays will swim at Finals; all other Relays will swim at the end of the Prelims sessions. The 'Sunday Relay' Rule will be in effect for teams wishing to swim their relays in the Prelims Session.</p> <p>A swimmer does not have to be entered in an Individual Event at the Meet in order to swim on a Relay, but all relay swimmers must be entered in the meet prior to the entry deadline. Only two (2) Relays from a Team will score in an event, although additional Relays may be entered. <b>All relay cards must be returned to the Admin Referee at a designated time during each Prelims session. Failure to do so will result in a relay not being seeded. Relays seeded in the top-8 are expected to swim at Finals unless an alternate relay is found.</b></p>
<b>DECK ENTRIES</b> <b>TIME TRIALS</b>	<p>Deck entries <b>will not</b> be accepted.</p> <p>Time Trials will be available after each session on Friday, Saturday and Sunday, time permitting, or at other times determined by the Meet Referee. \$10.00 per individual swim, \$20.00 per relay. Middle Atlantic Time Trials policy will be followed. Time Trials Events count in the total allowable events to be swum in one day. <b>Time Trial results can be used for entry to the Eastern Zone LC Championship Meet.</b></p>
<b>SEEDING &amp; FORMAT</b>	<p>Positive check-in will be required for all events 400 meters and longer in order to be seeded. All events 200 meters and shorter will be pre-seeded; however, the Meet Director reserves the right to require positive check-in for certain 200 meter events if it is deemed necessary to keep the Meet within the allowable time limits. Positive check-in events will generally close for seeding thirty minutes before the expected starting time for that event.</p> <p>Entry times must be submitted in the course in which they were achieved. All entries other than LC will be treated as Non-Conforming, and will be seeded according to USA Swimming Rules (i.e., they will not be converted and will be seeded AFTER all LC entry times.)</p> <p>The 11-12, 13-14 and 15-19 age groups will have a B-Final and A-Final, swum in that order, in all events except those listed as Timed Finals.</p> <p>The 12 &amp; Under 400 Free and the 800 Free on Thursday will swim fastest to slowest, alternating Girls and Boys. The 1500 Free on Sunday will swim fastest-to-slowest, alternating Girls and Boys, except for the fastest heat of each gender, which will swim at Finals.</p> <p>The 11-12 400 IM is a Timed Final event and will swim at the afternoon session only, slowest-to-fastest.</p> <p>All swimmers in Thursday's events, including the 800 Free Relay, must provide their own Timer. All swimmers in the preliminary heats of the 1500 Free must provide their own Timer. All swimmers in the 800 and 1500 Freestyle events must provide their own counter.</p>
<b>SWIMMERS WITHOUT A COACH</b>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session, and will be assigned to a Team for that session.</p>
<b>HOW TO ENTER</b>	<p>All entries should be prepared using Hy-Tek Team Manager or a compatible program. Send a computer file containing your entry information, a Hy-Tek entry report, the Meet Summary Sheet and your check to the Meet Director. An e-mailed entry <b>MUST</b> contain the name of the Team and a contact person, along with the number of swimmers, the number of individual events and the number of relays in the text of the e-mail. The entry file from TM in MS Word document <b>MUST</b> be attached. Entries received without this information will be returned.</p>

	<p><b>Bonus events should be marked in the entry file.</b></p> <p>Please waive the ‘signature required’ if your entry is sent via a postal service that offers one. <b>Do not send a disk if entries are e-mailed to the Meet Director.</b></p> <p>If use of a Hy-Tek compatible program is not possible, the attached Entry Form must be used. A fee of \$5.00 per swimmer will be charged to any team that enters five (5) or more swimmers and does not use a computer entry.</p> <p>Entries sent with ‘No Time’ will be rejected. All entries must be submitted in the Course in which they were swum. Entries based on SCM or SCY will be seeded as non-conforming; a swimmer may choose which best time in either course to enter.</p>
<b>ENTRY FEES</b>	<p>\$5.00 per individual event. Relay entries \$10.00 per relay team.</p> <p>\$5 per swimmer surcharge.</p>
<b>SEND ENTRIES TO</b>	<p>Stephanie Roziak, 5249 W. Buffalo Run Rd Port Matilda, PA 16870, (814) 234-8955</p> <p>e-mail <a href="mailto:bcatmeet@comcast.net">bcatmeet@comcast.net</a></p>
<b>ENTRY DEADLINE</b>	<p><b>All entries must be received by 5 PM, Monday, July 6, 2009</b></p> <p>No late entries will be accepted. <u>Entries will not be processed without full payment.</u> <b>Payment for all entries must be received by Monday, July 13, 2009.</b></p>
<b>RULES</b>	<p>This meet will be conducted according to current USA Swimming rules and Middle Atlantic Swimming practices. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. Warm-ups are subject to the following procedures: No diving during warm-up except in designated sprint lanes. Pool entry during warm-up s must be from the end of lanes only. The Referee may remove anyone from the warm-up for failure to comply with appropriate warm-up rules and procedures.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and registered essential meet personnel will be permitted on deck. All coaches must display their 2009 USA Swimming Coach Membership Card. Officials and meet personnel must display their 2009 Non-Athlete Membership Card. This requirement will be strictly enforced! This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p>
<b>SCRATCH POLICY</b>	<p>Any swimmer who does not swim a pre-seeded preliminary or timed-final event will not be penalized.</p> <p>Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next Individual event, either on the same or next meet day.</p> <p>Any swimmer who qualifies for Finals in a Prelims/Finals event and does not swim that event at Finals will be barred from the rest of the Meet (including relays) unless the swimmer has scratched, or indicated their possible intention to scratch, within thirty (30) minutes of the announcement of the Prelims results of that swimmer’s last individual event at the Preliminary session. A swimmer who does not confirm their intention will not be scratched and will be seeded into the event and expected to swim. Swimmers initially announced as Alternates for the Finals heats will not be so penalized.</p> <p>A swimmer may take a Declared False Start in a Preliminary or Timed Final event, including deck-seeded events. At Finals, a Declared False Start, deliberate Delay of Meet False Start or other action to non-compete will be subject to the penalty for non-competition.</p> <p>Any swimmer that qualifies for and fails to compete in a Finals heat, or is seeded into a deck-seeded Timed Final heat that swims at Finals, and then fails to swim on the last night of competition (or that swimmer’s final day of competition) will be subject to a \$50 fine. Such swimmer will be suspended from MA Championship or other MA hosted meets until the fine is paid.</p>

<p><b>PROOF OF TIME</b></p> <p><b>FINES &amp; DEADLINES</b></p>	<p>Middle Atlantic Swimming will notify each Team regarding any swimmer on the Team who does not swim the qualifying time at the meet; those swimmers will be required to prove their entry time. If the entry time cannot be proven, a \$50 fine per event will be levied against the swimmer, to be paid within the time specified by Middle Atlantic. Swimmers not satisfying this requirement will be suspended from further competition in Middle Atlantic sponsored meets until the fine is paid. Bonus events are an exception to this policy.</p>
<p><b>SCORING &amp; AWARDS</b></p>	<p>Individual:      10&amp; Under              Medals 1-8                           11-12, 13-14              Medals 1-9  Relays:            All Age Groups            Medals 1-3 (except 15-19)</p> <p style="text-align: center;"><b>High Point</b></p> <p>Team:                    Combined  Age Group:            For each gender  Individual:            For each gender and age group</p> <p>Scoring for individual events    20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1  Scoring for relays                    40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2</p> <p style="text-align: center;">(a maximum of two relays per team per age group will score)</p>
<p><b>PROGRAMS &amp; ADMISSION</b></p>	<p>Admission \$3.00 per day. Spectators 8 years of age and under will be admitted free.</p> <p>Finals- Free Admission.</p> <p>Programs: 3 1/2 Day- \$12.00 per program</p>
<p><b>RESULTS</b></p>	<p>Results will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a> and <a href="http://www.teamunify.com/Home.jsp?team=masbca">http://www.teamunify.com/Home.jsp?team=masbca</a></p>
<p><b>DIRECTIONS</b></p>	<p>Take Rt. 322 to the Penn State Exit (Park Ave). Turn onto Park Ave going toward State College, follow to third light (past stadium) at Bigler Rd. Turn left onto Bigler Rd. Pool is past the first stop sign, on the left.</p>
<p><b>ACCOMODATIONS</b></p>	<p>Days Inn, Penn State (814-238-8454) Ainslie Mclane (800-258-3297) 240 Pugh St, State College  Motel 6 (814-234-1600), 1274 N. Atherton St., State College.</p> <p>Hampton Inn (814-231-1590) or (800-426-7866), 1101 East College Ave., State College.</p> <p>Holiday Inn Express (814-867-1800) 1925 Waddle Rd., State College</p> <p>Hampton Inn Suites (814-231-1899), 1955 Waddle Rd., State College</p> <p>Courtyard By Marriott (814-238-1881) or (800-321-2211), 1730 University Dr. State College.</p> <p>Autoport (814-237-7666) Business Route 322, State College.</p> <p>State College Inn (814-237-8005) S. Atherton St. &amp; Branch Rd. State College.</p> <p>Ramada Inn (814-238-3001) or (800-2RAMADA), 1450 S. Atherton St., State College.</p> <p>Nittany Lion Inn (814-231-7500), 200 West Park Ave., State College.</p> <p>Nittany Budget Motel (814-237-7638), 1274 N. Atherton St., State College, \$39.95.</p> <p>Sleep Inn (814-235-1020), 111 Village Dr., State College.</p> <p>The Penn Stater, (Formerly Scanticon (814-863-5013), (814-863-5000), 215 Innovation Blvd., Penn State Research Park, State College.</p> <p>Residence Inn (814) 235-6960 1555 University Dr, State College, PA 16801</p> <p>Please see State College information at <a href="http://www.happyvalley.com/">http://www.happyvalley.com/</a></p>

## ORDER OF EVENTS and QUALIFYING TIMES

### THURSDAY, JULY 16, 2009- Timed Finals

#### Warm up 4:30 PM – Start 5:30 PM

GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
1	12:07.59	10:36.69	10:47.99	13-14 800 Free	10:31.29	10:15.99	11:43.89	2
	11:55.89	10:26.49	10:41.89	15-19 800 Free	10:04.59	9:48.19	11:12.19	
3	6:48.39	5:54.59	6:06.79	10/U 400 Free	6:09.79	5:54.09	6:44.59	4
	5:59.29	5:13.79	5:32.29	11-12 400 Free	5:30.89	5:15.79	6:01.09	
5				13-14 800 Free Relay				6
				15-19 800 Free Relay				

Age groups will swim combined in the 800 Free, 400 Free and the 800 Free Relay and score separately. All events will swim fast to slow, alternating girls and boys.

All Thursday evening swimmers and relays must provide their own Timers; swimmers in the 800 Free must provide their own counter.

## ORDER OF EVENTS and QUALIFYING TIMES

<b>FRIDAY, JULY 17, 2009- Morning Prelims</b>								
<b>Warm up 6:30 AM – Start 8:00 AM</b>								
GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
7	1:06.79	1:14.59	1:18.39	15-19 100 Back	1:11.99	1:10.69	1:03.29	8
9	1:07.69	1:15.09	1:19.69	13-14 100 Back	1:15.59	1:11.69	1:04.89	10
11	2:05.49	2:19.99	2:25.39	15-19 200 Free	2:17.39	2:08.79	1:55.39	12
13	2:08.59	2:23.69	2:28.59	13-14 200 Free	2:24.99	2:23.89	2:03.59	14
15	1:05.29	1:12.89	1:16.09	15-19 100 Fly	1:09.09	1:06.79	59.79	16
17	1:06.69	1:14.29	1:17.59	13-14 100 Fly	1:12.69	1:10.79	1:04.09	18
19	5:14.09	5:47.09	5:57.59	15-19 400 IM	5:29.99	5:19.49	4:49.09	20
21	5:17.49	5:54.79	6:03.19	13-14 400 IM	5:46.79	5:34.19	5:02.39	22
23				15-19 400 Free Relay				24
25				13-14 400 Free Relay				26

Fastest heat of each Relay will swim at Finals.

<b>FRIDAY, JULY 17, 2009- Afternoon Prelims</b>								
<b>Warm up 11:30 AM – Start 12:30 PM</b>								
GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
27	1:20.79	1:30.19	1:33.79	11-12 100 Breast	1:33.89	1:29.79	1:21.29	28
29	1:33.39	1:43.19	1:47.49	10/U 100 Breast	1:46.99	1:44.49	1:34.09	30
31	2:14.49	2:30.39	2:39.69	11-12 200 Free	2:36.19	2:31.19	2:16.89	32
33	2:36.39	2:52.79	2:59.89	10/U 200 Free	2:54.39	2:50.89	2:33.89	34
35	31.59	35.19	36.79	11-12 50 Fly	36.79	35.29	31.89	36
37	36.99	41.19	42.09	10/U 50 Fly	41.49	40.49	36.69	38
39	2:35.09	2:51.59	3:00.69	11-12 200 Back	3:01.59	2:49.99	2:33.79	40
41				10/U 200 Free Relay				42
43				11-12 200 Free Relay				44

Fastest heat of each 11-12 Relay will swim at Finals

### Friday Finals, order of events

43	11-12 200 Free Relay - fastest heat	44
7	15-19 100 Back	8
9	13-14 100 Back	10
27	11-12 100 Breast	28
11	15-19 200 Free	12
13	13-14 200 Free	14
31	11-12 200 Free	32
15	15-19 100 Fly	16
17	13-14 100 Fly	18
35	11-12 50 Fly	36
19	15-19 400 IM	20
21	13-14 400 IM	22
39	11-12 200 Back	40
23	15-19 400 Free Relay - fastest heat	24
25	13-14 400 Free Relay - fastest heat	26

## ORDER OF EVENTS and QUALIFYING TIMES

<b>SATURDAY, JULY 18, 2009 - Morning Prelims</b>								
<b>Warm up 6:30 AM – Start 8:00 AM</b>								
GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
45	2:26.49	2:43.49	2:47.59	15-19 200 Back	2:34.89	2:26.59	2:13.59	46
47	2:25.69	2:42.69	2:51.99	13-14 200 Back	2:42.99	2:35.99	2:19.49	48
49	1:15.79	1:24.59	1:29.79	15-19 100 Breast	1:20.59	1:16.49	1:09.19	50
51	1:16.49	1:24.89	1:30.09	13-14 100 Breast	1:23.59	1:19.89	1:12.29	52
53	2:28.00	2:42.79	2:44.69	15-19 200 Fly	2:32.19	2:28.69	2:14.59	54
55	2:28.59	2:44.19	2:49.59	13-14 200 Fly	2:41.59	2:37.19	2:22.29	56
57	26.99	32.39	31.89	15-19 50 Free	28.79	26.89	24.09	58
59	27.49	30.49	31.89	13-14 50 Free	30.69	28.49	25.49	60
61	5:44.99	5:01.89	5:12.89	15-19 400 Free	4:53.29	4:40.29	5:20.29	62
63	5:48.69	5:04.49	5:16.59	13-14 400 Free	5:06.29	5:07.49	5:33.09	64
65				15-19 400 Med Relay				66
67				13-14 400 Med Relay				68

Fastest heat of each Relay will swim at Finals.

<b>SATURDAY, JULY 18, 2009 - Afternoon Prelims</b>								
<b>Warm up 11:30 AM – Start 12:30 PM</b>								
GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
69	2:34.69	2:52.89	3:00.19	11-12 200 IM	2:58.09	2:52.59	2:35.19	70
71	2:54.99	3:06.29	3:22.59	10/U 200 IM	3:20.89	3:16.09	2:56.29	72
73	37.09	41.29	43.19	11-12 50 Breast	43.69	41.39	37.59	74
75	41.99	46.49	48.79	10/U 50 Breast	48.99	47.79	42.99	76
77	1:11.39	1:20.49	1:26.29	11-12 100 Back	1:24.09	1:19.69	1:12.09	78
79	1:21.19	1:29.89	1:35.49	10/U 100 Back	1:34.69	1:30.19	1:21.69	80
81	28.59	31.99	33.59	11-12 50 Free	33.09	31.19	28.09	82
83	31.99	35.79	38.49	10/U 50 Free	36.79	35.69	31.89	84
85	2:44.69	3:01.99	3:07.89	11-12 200 Fly	3:02.19	2:54.89	2:38.29	86
87				10/U 200 Med Relay				88
89				11-12 200 Med Relay				90

Fastest heat of each 11-12 Relay will swim at Finals.

### Saturday Finals, order of events

89	11-12 200 Medley Relay – fastest heat	90
45	15-19 200 Back	46
47	13-14 200 Back	48
69	11-12 200 IM	70
49	15-19 100 Breast	50
51	13-14 100 Breast	52
73	11-12 50 Breast	74
53	15-19 200 Fly	54
55	13-14 200 Fly	56
77	11-12 100 Back	78
57	15-19 50 Free	58
59	13-14 50 Free	60
81	11-12 50 Free	82
61	15-19 400 Free	62
63	13-14 400 Free	64
85	11-12 200 Fly	86
65	15-19 400 Medley Relay – fastest heat	66
67	13-14 400 Medley Relay – fastest heat	68

## ORDER OF EVENTS and QUALIFYING TIMES

<b>SUNDAY, JULY 19, 2009- Morning Prelims</b>								
<b>Warm up 6:30 AM – Start 8:00 AM</b>								
GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
91	2:47.29	3:06.79	3:08.49	15-19 200 Breast	2:54.29	2:45.89	2:30.09	92
93	2:45.99	3:03.69	3:11.99	13-14 200 Breast	3:02.39	2:52.69	2:36.29	94
95	58.39	1:04.89	1:08.09	15-19 100 Free	1:03.09	58.59	52.49	96
97	58.59	1:04.89	1:09.29	13-14 100 Free	1:06.39	1:01.89	55.59	98
99	2:24.99	2:43.29	2:46.09	15-19 200 IM	2:37.19	2:33.39	2:17.39	100
101	2:25.79	2:42.79	2:48.39	13-14 200 IM	2:44.59	2:41.29	2:18.99	102
103	19:59.89	19:51.99	20:28.49	15-19 1500 Free	19:22.99	18:41.39	18:47.49	104
	20:12.19	20:05.09	20:39.79	13-14 1500 Free	20:14.39	19:32.59	19:39.49	

Fastest heat of 1500 Free will swim at Finals; remaining heats will swim at Prelims, fast to slow, alternating girls and boys. Swimmers at Prelims must provide their own timer and counter.

<b>SUNDAY, JULY 19, 2009 - Afternoon Prelims</b>								
<b>Warm up 11:30 AM – Start 12:30 PM</b>								
GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
105	5:38.09	6:15.39	6:20.09	11-12 400 IM	6:24.29	6:11.99	5:36.69	106
107	33.09	36.79	39.19	11-12 50 Back	38.79	37.09	33.29	108
109	37.49	41.69	43.69	10/U 50 Back	44.69	42.09	37.79	110
111	1:12.39	1:20.79	1:24.09	11-12 100 Fly	1:23.09	1:20.19	1:12.49	112
113	1:25.79	1:34.19	1:39.69	10/U 100 Fly	1:38.19	1:36.29	1:26.69	114
115	1:01.19	1:08.39	1:13.59	11-12 100 Free	1:11.59	1:08.09	1:01.19	116
117	1:10.39	1:18.29	1:21.89	10/U 100 Free	1:21.59	1:17.59	1:10.19	118
119	2:57.29	2:15.89	3:23.69	11-12 200 Breast	3:21.19	3:11.09	2:52.99	120
121				10/U 400 Free Relay				122
123				11-12 400 Free Relay				124

11-12 400 IM is Timed Finals – swum at Prelims only.  
Fastest heat of each 11-12 Relay will swim at finals

### Sunday Finals, order of events

123	11-12 400 Free Relay – fastest heat	124
103	13-19 1500 Free	104
107	11-12 50 Back	108
91	15-19 200 Breast	92
93	13-14 200 Breast	94
111	11-12 100 Fly	112
95	15-19 100 Free	96
97	13-14 100 Free	98
115	11-12 100 Free	116
99	15-19 200 IM	100
101	13-14 200 IM	102
119	11-12 200 Breast	120

LONG COURSE JOs – SUMMARY SHEET  
THIS SHEET MUST ACCOMPANY THE OFFICIAL ENTRY BLANK

TEAM \_\_\_\_\_ TEAM CODE \_\_\_\_\_

COACH \_\_\_\_\_ PHONE# \_\_\_\_\_

ADDRESS \_\_\_\_\_

E-MAIL \_\_\_\_\_

Person designated to receive entry limitation information, if needed:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Mail Entries To:

[bcatmeet@comcast.net](mailto:bcatmeet@comcast.net)

Stephanie Rozick

5249 W. Buffalo Run Rd

Port Matilda, PA 16870

**ENTRY DEADLINE: 5PM MONDAY JULY 6<sup>TH</sup> No entries accepted after this date.**

**Please make checks payable to: Big Cat Aquatics, one check per team, please.**

ENTRY FEES:

_____ Individual Events @ \$5.00	\$ _____
_____ Relay Teams @ \$10.00	\$ _____
_____ Swimmer Surcharge @ \$5.00	\$ _____ (everybody pays this)

**Total: \$ \_\_\_\_\_**  
**Payment to be received by Friday, July 13, 2009**

**Total Swimmers Entered in Meet \_\_\_\_\_**

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I certify that all swimmers from this team entered in this meet are current members of USA Swimming and that all coaches from this team who will attend the meet hold current USA Swimming coaching credentials.

**Head Coach's Signature \_\_\_\_\_**



