





# Arizona Age Group Eastern Regional Championships February 19-21, 2010

## Session I - Friday, February 19 Warm up: 3:30 PM

| Girls | Event           | Boys |
|-------|-----------------|------|
| 1*    | 10 & U 500 Free | 2*   |
| 3*    | 11-12 1000 Free |      |
| 5*    | 13-14 1650 Free | 6*   |

\*Note the 500 Free, 1000 Free, and 1650 Free will be deck seeded, requiring positive check-in at the Clerk of Course, by the start of the session in which they are swum. These events will be swum fastest to slowest, alternating women and men.

## Session II - Friday, February 19 Warm up: 3:30 PM

| Girls | Time | Event                  | Time | Boys |
|-------|------|------------------------|------|------|
| 7     | NT   | 11-12 200 Free Relay   | NT   | 8    |
| 9     | NT   | 13-14 200 Free Relay   | NT   | 10   |
| 11    |      | 10 & U 50 Back         |      | 12   |
| 13    |      | 11-12 50 Back          |      | 14   |
| 15    |      | 13-14 50 Back          |      | 16   |
| 17    |      | 10 & U 50 Breast       |      | 18   |
| 19    |      | 11-12 50 Breast        |      | 20   |
| 21    |      | 13-14 50 Breast        |      | 22   |
| 23    |      | 10 & U 50 Fly          |      | 24   |
| 25    |      | 11-12 50 Fly           |      | 26   |
| 27    |      | 13-14 50 Fly           |      | 28   |
| 29    |      | 10 & U 50 Free         |      | 30   |
| 31    |      | 11-12 50 Free          |      | 32   |
| 33    |      | 13-14 50 Free          |      | 34   |
| 35    | NT   | 11-12 200 Medley Relay | NT   | 36   |
| 37    | NT   | 13-14 200 Medley Relay | NT   | 38   |

## Session III - Saturday Feb 20, 2010 Warm Up 8 AM Start 9 AM

| Girls | Time | Event                 | Time | Boys |
|-------|------|-----------------------|------|------|
| 39    |      | 11-12 400 IM          |      | 40   |
| 41    |      | 13-14 400 IM          |      | 42   |
| 43    |      | 10 & U 200 Free       |      | 44   |
| 45    |      | 11-12 200 Free        |      | 46   |
| 47    |      | 13-14 200 Free        |      | 48   |
| 49    |      | 10 & U 100 Back       |      | 50   |
| 51    |      | 11-12 100 Back        |      | 52   |
| 53    |      | 13-14 100 Back        |      | 54   |
| 55    |      | 11-12 200 Breast      |      | 56   |
| 57    |      | 13-14 200 Breast      |      | 58   |
| 59    |      | 10 & U 100 Fly        |      | 60   |
| 61    |      | 11-12 100 Fly         |      | 62   |
| 63    |      | 13-14 100 Fly         |      | 64   |
| 65    |      | 10 & U 100 IM         |      | 66   |
| 67    |      | 11-12 100 IM          |      | 68   |
| 69    | NT   | 13-14 800 Free Relay  | NT   | 70   |
| 71    | NT   | 11-12 400 Free Relay  | NT   | 72   |
| 73    | NT   | 10 & U 200 Free Relay | NT   | 74   |
| 75*   |      | 13-14 1000 Free       |      | 76*  |
| 77*   |      | 11-12 1650 Free       |      | 77*  |

## Session IV - Feb 21, 2010 Warm Up 8 AM Start 9 AM

| Girls | Time | Event                   | Time | Boys |
|-------|------|-------------------------|------|------|
| 79    | NT   | 13-14 400 Medley Relay  | NT   | 80   |
| 81    | NT   | 11-12 400 Medley Relay  | NT   | 82   |
| 83    | NT   | 10 & U 200 Medley Relay | NT   | 84   |
| 85    |      | 13-14 100 Free          |      | 86   |
| 87    |      | 11-12 100 Free          |      | 88   |
| 89    |      | 10 & U 100 Free         |      | 90   |
| 91    |      | 13-14 200 Back          |      | 92   |
| 93    |      | 11-12 200 Back          |      | 94   |
| 95    |      | 13-14 100 Breast        |      | 96   |
| 97    |      | 11-12 100 Breast        |      | 98   |
| 99    |      | 10 & U 100 Breast       |      | 100  |
| 101   |      | 13-14 200 Fly           |      | 102  |
| 103   |      | 11-12 200 Fly           |      | 104  |
| 105   |      | 13-14 200 IM            |      | 106  |
| 107   |      | 11-12 200 IM            |      | 108  |
| 109   |      | 10 & U 200 IM           |      | 110  |
| 111   | NT   | 13-14 400 Free Relay    | NT   | 112  |
| 113*  |      | 11-12 500 Free          |      | 114* |
| 115*  |      | 13-14 500 Free          |      | 116* |

\* See Note on 500 and 1000 Free events after Session I on Page 3.

Pool Location:  
Cactus Pool  
Scottsdale, AZ

### Entry Information:

- 3 events per Session  
5 events max per day
- MUST be slower than State & Times  
but faster than Regional Time Standards.
- See coaches or bulletin board for  
Time Standards

- \$4.50 per Event
- \$5.00 per Swimmer surcharge

Entries Due By:

THURSDAY FEBRUARY 12<sup>th</sup>

No Exceptions!!!!