

UTAH Senior Champs
Feb 19-20, 2010

SCHEDULE OF EVENTS

Friday, February 19, 2010
Prelims Warm-up = 9:00 a.m.
Meet = 10:00 a.m.

Girls Event #	Event Name	Boys Event #
1	Senior 200 Medley Relay	2
3	Senior 400 IM	4
5	Senior 100 Back	6
7	Senior 200 Free	8
9	Senior 200 Butterfly	10
11	Senior 100 Breaststroke	12
13	Senior 50 Freestyle	14
15	Senior 500 Freestyle	16
17	Senior 400 Free Relay	18

Saturday, February 20, 2010
Prelims Warm-up = 9:00 a.m.
Meet = 10:00 a.m.

Girls Event #	Event Name	Boys Event #
19	Senior 400 Medley Relay	20
21	Senior 200 IM	22
23	Senior 100 Freestyle	24
25	Senior 200 Backstroke	26
27	Senior 100 Butterfly	28
29	Senior 200 Breaststroke	30
31	Senior 200 Freestyle Relay	32
33	1650 Freestyle	34

Entry Info

- max 3 events per day
- \$3.00 per swim / event
- \$5.00 per swimmer

Entries due by

Monday Feb 15th

- on back are the cut-off times, anyone 12 & over may go as long as they meet these times

Miscellaneous

Items:

Deck passes will be issued only to USA Swimming Registered coaches. Please obtain deck passes from the meet referee at the beginning of the first preliminary session.

Following the finals session on Saturday, February 20, 2010, a fun event featuring relays will follow. Please see attached flyer for more information.

2010 Senior State Championship Time Standard

<i>Girls</i>				<i>Boys</i>		
<i>S.C. Yards</i>	<i>S.C. Meters</i>	<i>L.C. Meters</i>	<i>Senior</i>	<i>L.C. Meters</i>	<i>S.C. Meters</i>	<i>S.C. Yards</i>
27.89	30.99	31.79	50 Free	28.59	27.79	25.09
1:00.89	1:08.09	1:09.69	100 Free	1:02.29	1:00.69	54.79
2:14.09	2:28.69	2:31.89	200 Free	2:15.79	2:12.59	1:59.29
5:59.99	5:12.89	5:19.29	500/400 Free	4:57.09	4:50.79	5:37.29
12:38.99	11:02.29	11:15.09	1000/800 Free	10:32.99	10:20.19	11:51.19
20:43.89	20:51.69	21:05.89	1650/1500 Free	20:05.59	19:51.09	19:47.59
1:09.59	1:17.49	1:18.69	100 Back	1:12.69	1:11.49	1:04.19
2:30.29	2:47.89	2:50.29	200 Back	2:39.09	2:36.69	2:20.89
1:19.19	1:27.99	1:29.89	100 Breast	1:22.09	1:20.09	1:12.09
2:49.89	3:09.19	3:13.19	200 Breast	3:04.59	2:59.59	2:42.69
1:09.89	1:17.79	1:19.29	100 Fly	1:11.39	1:09.99	1:02.99
2:36.69	2:53.89	2:56.69	200 Fly	2:45.19	2:41.39	2:25.29
2:29.89	2:46.59	2:57.69	200 I.M.	2:37.09	2:33.89	2:18.29
5:25.29	6:03.09	6:09.49	400 I.M.	5:40.39	5:33.99	4:59.09
2:03.49	2:17.29	2:20.49	200 Med Relay	2:14.49	2:11.59	1:58.49
1:55.59	2:08.39	2:12.19	200 Free Relay	1:57.99	1:54.09	1:42.59
4:45.89	5:17.79	5:24.19	400 Med Relay	4:53.29	4:46.89	4:17.99
4:10.19	4:38.19	4:45.99	400 Free Relay	4:17.79	4:08.89	3:43.79