

Four Corners Regional Championships - (SC)

DATE: March 26-28, 2010

SANCTION: Held under sanction of New Mexico Swimming, Inc. of USA Swimming # NMS?

LOCATION: Farmington Aquatic Center, Altitude: 5506

1151 N. Sullivan, Farmington, NM

Hosted by Four Corners Aquatic Team

FACILITIES: Indoor, 8 Lane, 50 meter pool by 25 Yards, 18 Short Course Lanes. Continuous warm-up warm-down available. Wave suppressing lane lines and ample spectator seating. This facility has not been certified for records in accordance with USA Swimming requirements under 104.2.2C(4).

TIMING: Colorado Electronic Timing System with touch-pads. Each lane will have backup timers.

Must Have Qualifying Times to Enter!!!

2010 Four Corners Regional Championship Events

Friday's Events Warm-up 3:30 pm Session Start 4:30 pm

Men									
EV#	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	EV#	2 TP
1	TP			11-18 1650 Free					
	20:04.10	25:07.39	20:16.10	11-12	22:56.49	24:40.79	24:57.40		
	24:06.30	28:25.89	23:04.10	13-14	23:14.89	22:20.49	22:28.20		
	23:43.00	22:10.60	23:18.70	15-16	22:25.50	21:48.20	21:50.60		
	23:30.80	22:50.10	23:06.10	17-18	22:10.60	21:04.10	21:31.60		
2	NT	NT	NT	18&U 400 Free Relay	NT	NT	NT	4	

Saturday's Events Warm-up 7:30 am Prelims Start 8:30 am Finals: Warmup 4:20 pm Start 5:30 pm

Men									
EV#	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	EV#	2 TP
3	TP	4:12.60	4:06.00	3:42.60	10 & Under 200 IM	4:10.60	4:04.00	3:40.80	6tp
				11-18 200 IM					8
		3:26.60	3:25.00	3:03.70	11-12	3:28.50	3:22.20	3:03.00	
		3:18.90	3:13.90	2:58.40	13-14	3:05.40	3:00.70	2:43.90	
		3:18.10	3:09.40	2:51.40	15-16	3:01.70	2:54.10	2:37.60	
		3:12.40	3:07.20	2:48.40	17-18	2:58.40	2:49.00	2:33.50	
5				16&under 50 Free				16	
		45.00	43.90	36.70	10&U	44.20	42.80	38.80	
		36.10	37.80	34.20	11-12	37.90	36.80	33.30	
		37.80	35.80	33.30	13-14	35.30	33.80	30.60	
		37.80	36.00	32.80	15-16	35.50	32.50	29.40	
		36.70	35.70	32.30	17-18	32.80	31.50	28.50	
11				12&under 50 Breast				11	
		1:01.80	99.10	83.60	10&under	1:01.80	88.20	83.80	
		46.00	45.60	44.00	11-12	51.00	48.80	44.20	
13				11-18 200 Breast				14	
		3:57.80	3:48.00	3:20.30	11-12	3:54.10	3:42.70	3:21.60	
		3:43.60	3:34.90	3:14.50	13-14	3:32.30	3:21.40	3:02.30	
		3:30.60	3:28.80	3:09.90	15-16	3:23.20	3:13.40	2:55.00	
		3:26.10	3:25.10	3:09.20	17-18	3:18.30	3:09.00	2:51.60	
15tp				10&under 100 Back	1:58.00	1:53.60	1:42.80	16tp	
17				11-18 100 Back				18	
		1:30.60	1:27.20	1:27.90	11-12	1:38.10	1:34.70	1:25.70	
		1:30.70	1:28.20	1:19.80	13-14	1:26.80	1:22.70	1:14.80	
		1:28.50	1:25.70	1:17.60	15-16	1:22.30	1:18.70	1:11.20	
		1:28.40	1:25.20	1:17.10	17-18	1:20.00	1:16.30	1:08.00	
19tp				10&under 100 Fly	2:00.70	2:07.20	1:55.10	20tp	
21				11-18 100 Fly				22	
		1:58.60	1:50.20	1:27.70	11-12	1:57.40	1:34.70	1:25.70	
		1:28.10	1:27.20	1:19.00	13-14	1:22.80	1:20.90	1:13.20	
		1:26.60	1:25.40	1:17.30	15-16	1:18.90	1:17.40	1:10.00	
		1:25.80	1:24.50	1:16.30	17-18	1:17.60	1:15.50	1:06.30	
23tp	NT	NT	NT	18&u 200 Med Relay	NT	NT	NT	24tp	
25tp				18&U 500 Free				26tp	
		7:37.20	7:26.70	6:30.40	10 & Under	7:30.40	7:22.60	6:28.70	
		6:27.70	6:17.00	7:10.70	11-12	6:21.00	6:12.30	7:05.40	
		6:00.30	6:00.30	6:51.70	13-14	6:00.20	5:42.20	6:31.00	
		6:00.30	5:54.00	6:45.20	15-16	5:38.50	5:31.00	6:10.30	
		6:00.00	6:02.10	6:42.30	17-18	5:34.00	5:24.30	6:10.00	
27	NT	NT	NT	4x100 IM Relay Mixed	NT	NT	NT	*	

Saturday's Long Course Time Trials

Warm-up: 45 minutes after the conclusion of Prelims

Men									
EV#	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	EV#	2 TP
29				18 & U 200 Free				30	
31				18 & U 200 IM				32	
33				18&U 50 Free				34	
35				18&U 100 Fly				36	

This is an N2 + N3 certification meet
Must put application in by March 1st
See Coach Abel

Sunday's Events Warm-up 7:30 am Prelims Start 8:30 am Finals: Warmup 3:20 pm Start 4:30 pm

Men									
EV#	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	EV#	2 TP
37tp	NT	NT	NT	18&u 200 Free Relay	NT	NT	NT	38tp	
39tp	3:48.80	3:41.10	3:20.10	10&under 200 Free	3:30.40	3:20.70	3:08.80	40tp	
41				11-18 200 Free				42	
		3:03.80	3:00.20	2:41.10	11-12	3:00.80	2:50.50	2:38.80	
		2:57.00	2:52.40	2:38.00	13-14	2:47.00	2:41.40	2:26.00	
		2:51.70	2:47.90	2:32.00	15-16	2:38.90	2:34.70	2:20.00	
		2:51.00	2:46.60	2:30.80	17-18	2:37.20	2:30.10	2:17.80	
43tp	2:17.40	2:12.50	1:58.80	10& under 100 Breast	2:13.50	2:07.70	1:55.80	44tp	
45				11-18 100 Breast				46	
		1:49.80	1:46.40	1:38.30	11-12	1:48.10	1:44.00	1:35.00	
		1:43.80	1:40.00	1:30.50	13-14	1:37.80	1:32.00	1:24.00	
		1:41.00	1:37.80	1:28.20	15-16	1:32.80	1:28.70	1:20.30	
		1:39.50	1:36.80	1:27.70	17-18	1:31.40	1:27.00	1:18.70	
47				12 & Under 50 Back				48	
		55.80	55.80	48.70	10&Under	56.30	54.20	48.10	
		45.40	43.60	38.50	11-12	45.60	43.60	38.40	
49				11-18 200 Back				50	
		3:30.20	3:25.00	3:01.80	11-12	3:25.70	3:17.00	2:50.30	
		3:18.20	3:09.80	2:51.70	13-14	3:07.40	2:58.10	2:41.20	
		3:11.00	3:04.40	2:47.80	15-16	2:56.40	2:46.80	2:34.50	
		3:11.80	3:04.80	2:47.20	17-18	2:50.10	2:45.30	2:30.80	
51				12&Under 50 Fly				52	
		55.00	53.60	46.70	10&Under	52.60	52.10	47.20	
		42.30	41.70	37.70	11-12	42.80	42.20	36.10	
53				11-18 200 Fly				54	
		3:28.00	3:24.30	3:04.90	11-12	3:28.20	3:20.10	3:01.10	
		3:18.20	3:11.80	2:53.30	13-14	3:06.10	3:00.70	2:43.60	
		3:09.60	3:06.10	2:48.50	15-16	2:55.60	2:51.90	2:38.60	
		3:06.40	3:03.30	2:48.40	17-18	2:51.00	2:47.00	2:31.10	
55tp	1:43.90	1:40.80	1:31.20	10&under 100 Free	1:41.80	1:38.40	1:28.10	56tp	
57				11-18 100 Free				58	
		1:22.70	1:21.20	1:13.50	11-12	1:23.20	1:20.70	1:13.00	
		1:22.00	1:20.10	1:12.40	13-14	1:16.90	1:13.90	1:06.00	
		1:20.00	1:18.30	1:10.80	15-16	1:15.20	1:11.10	1:04.30	
		1:18.70	1:17.10	1:09.60	17-18	1:12.00	1:09.00	1:02.60	
59	NT	NT	NT	18&Under Mixed 500 Free Decrescendo	NT	NT	NT	*	

Sunday's Long Course Time Trials

Warm-up: 45 minutes after the conclusion of Prelims

Men									
EV#	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	EV#	2 TP
61				18 & U 100 Free				62	
63				18 & U 100 Back				64	
65				18&U 100 Breast				66	

TP: Timed Finals in Prelims

F: Event is run in finals

Entry Information:
- 3 events per day Individual
- \$4.00 per event
- \$7.00 surcharge per swimmer
Entry Due Date is
March 18, 2010