

Cerritos Aquatic Club B,R,W Long Course Swim Meet

April 10 & 11, 2010

ENTER LONG COURSE METER TIMES

Cerritos will comply with the 4 Hour Rule

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

Saturday

Morning Session					
Girls	Min	Event	Age	Min	Boys
1	6:31.20	400 IM	11-12		
2		100 Free	8&Un		3
4	3:19.30	200 Free	10&U	3:19.00	5
6		200 Free	11-12		
7		100 Breast	10&U		8
9		100 Breast	11-12		
10		50 Back	8&U		11
12		50 Back	10&U		13
14		50 Back	11-12		
15		50 Free	8&U		16
17		50 Free	10&U		18
19		50 Free	11-12		
20		100 Fly	10&U		21
22		100 Fly	11-12		
23	Deck	200 Medley Relay	8&U	Deck	24
25	Entered	200 Medley Relay	10&Un	Entered	26
27		200 Medley Relay	11-12		
28	5:47.30	400 Freestyle	Open		
29	3:09.20	200 Back	Open	3:11.80	30

Afternoon session will not begin before 11:30 am

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
		200 Free	11-12		31
32		200 Free	13-14		33
34		200 Free	15&O		35
		100 Breast	11-12		36
37		100 Breast	13-14		38
39		100 Breast	15&O		40
		50 Back	11-12		41
42		50 Free	13-14		43
44		50 Free	15&O		45
		50 Free	11-12		46
47		100 Fly	13-14		48
49		100 Fly	15&O		50
		100 Fly	11-12		51
52	6:31.20	400 IM	Open	6:32.30	53
	Deck	200 Medley Relay	11-12	Deck	54
55	Entered	400 Medley Relay	13-14	Entered	56
57		400 Medley Relay	15&O		58
		400 Freestyle	Open	5:46.60	59

A swimmer must be at least 11 years old and meet the minimum time standard to enter an OPEN event
 A swimmer may swim an event (stroke/distance) once even if offered twice. Do not enter Open events with NT.

8 and under swimmers must choose to swim as 8 & under OR 10 & under, not any combination thereof.

Swimmers in the 400 and 1500 Freestyle events must provide their own timers and lap counters
 The 1500 Freestyle events will swim fastest to slowest .

****ENTRY PROCEDURE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN FRIDAY, March 26, 2010.
 IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

****Entries Due: Friday March 26 , 2010

You may swim a total of 4 individual events per day

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

Sunday

Morning Session					
Girls	Min	Event	Age	Min	Boys
60	3:49.30	200 IM	10&Un	3:50.40	61
62		200 IM	11-12		
63		50 Breast	8&U		64
65		50 Breast	10&U		66
67		50 Breast	11-12		
68		50 Fly	8&U		69
70		50 Fly	10&U		71
72		50 Fly	11-12		
73	Deck	200 Free Relay	8&U	Entered	74
75	3:31.00	200 Breast	11-12		
76		100 Back	10&U		77
78		100 Back	11-12		
79		100 Free	10&U		80
81		100 Free	11-12		
82	Deck	200 Free Relay	10&Un	Deck	83
84	Entered	200 Free Relay	11-12	Entered	
85	22:11.60	1500 Freestyle	Open		
86	3:05.70	200 Fly	Open	3:07.20	87

Afternoon warmup begins immediately following AM session

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
		200 IM	11-12		88
89		200 IM	13-14		90
91		200 IM	15&O		92
		50 Fly	11-12		93
94	3:31.00	200 Breast	Open	3:31.20	95
96		100 Back	13-14		97
		100 Back	11-12		98
99		100 Back	15&O		100
		50 Breast	11-12		101
102		100 Free	13-14		103
104		100 Free	15&O		105
		100 Free	11-12		106
	Deck	200 Free Relay	11-12	Deck	107
108	Entered	400 Free Relay	13-14	Entered	109
110		400 Free Relay	15&O		111
		1500 Freestyle	Open	22:10.90	112