

USA Swimming Speedo Champions Series

HOSTED BY Redhawk Aquatics
CENTRAL ZONE SECTIONAL 3
July 20-23, 2009

ORDER OF EVENTS

Please note that HOST is now on Eastern Daylight Time

WOMEN	PRELIMINARIES	MEN	WOMEN	FINALS	MEN
Warm-Ups: 6:30-8:45 am EDT		Monday EVENTS		Warm-Ups: 4:00-5:15 pm EDT	
<i>Meet Starts: 9:00 am EDT</i>				<i>Meet Starts: 5:30 pm EDT</i>	
2	200 Backstroke	3	1	800 Freestyle ***	
4	50 Freestyle	5	2	200 Backstroke	3
7	200 Breaststroke	8	4	50 Freestyle	5
1	800 Freestyle***			1500 Freestyle ***	6
	1500 Freestyle ***	6	7	200 Breaststroke	8
Warm-Ups: 6:30-8:45 am EDT		Tuesday EVENTS		Warm-Ups: 4:00-5:15 pm EDT	
<i>Meet Starts: 9:00 am EDT</i>				<i>Meet Starts: 5:30 pm EDT</i>	
9	200 Freestyle	10	9	200 Freestyle	10
11	100 Butterfly	12	11	100 Butterfly	12
13	400 I.M.	14	13	400 I.M.	14
			*15	800 Free Relay	*16
Wednesday EVENTS				Warm-Ups: 4:00-5:15 pm EDT	
Warm-Ups: 6:30-8:45 am EDT				<i>Meet Starts: 5:30 pm EDT</i>	
<i>Meet Starts: 9:00 am EDT</i>					
17	100 Backstroke	18	17	100 Backstroke	18
19	400 Freestyle	20	19	400 Freestyle	20
21	100 Breaststroke	22	21	100 Breaststroke	22
23	200 Butterfly	24	23	200 Butterfly	24
			*25	400 Free Relay	*26
Thursday EVENTS				Warm-Ups: 3:00-4:15 pm EDT	
Warm-Ups: 6:30-8:45 am EDT				<i>Meet Starts: 4:30 pm EDT</i>	
<i>Meet Starts: 9:00 am EDT</i>					
27	200 I.M.	28	27	200 I.M.	28
31	100 Free	32	***29	1500 Freestyle	
****29	1500 Freestyle			800 Freestyle	****30
	800 Freestyle	****30	31	100 Free	32
			*33	400 Medley Relay	*34

* Timed Finals with all relays being swum in the finals session.

*** Monday's distance events (W800/M1500) will be swum fastest to slowest alternating women and men. The fastest heat of each (W800/M1500) will be swum in finals.

**** Thursday's distance events (W1500/M800) will be swum fastest to slowest alternating women and men. The fastest heat of each (W1500/M800) will be swum in finals.