

## LONG COURSE APPENDIX

### 2006 SECTIONAL CHAMPIONSHIP QUALIFYING TIMES

*Summer (Long Course) Columbia Missouri, July 19-22, 2006*

Women		<u>Long Course</u>		Men
Long Course	Short Course	<u>Day One</u>	Short Course	Long Course
1:02:79	55.59	100 Free	49.69	56:99
2:56:99	2:36.19	200 Breast	2:22.39	2:45.39
2:36:19	2:15:69	200 Back	2:05.69	2:24:59
9:50.19	11:02:59	800 Free	10:24.59	9:18.39
		<u>Day Two</u>		
2:15.19	1:59:99	200 Free	1:48.79	2:04.89
5:28.49	4:47.19	400 IM	4:27.89	5:03.89
1:09.29	1:01.79	100 Fly	55.69	1:02.59
4:29:59	3:55.79	400 Free Relay	3:36.39	4:04.59
		<u>Day Three</u>		
4:45.09	5:20.19	400 Free	4:57.09	4:27.89
1:21:99	1:11.69	100 Breast	1:04.19	1:14:99
2:34:89	2:17.19	200 Fly	2:07.19	2:24.19
1:12:69	1:02:99	100 Back	57.19	1:06.49
9:49.99	8:36.99	800 Free Relay	7:48.99	9:17.59
		<u>Day Four</u>		
2:34:49	2:15:99	200 IM	2:03.79	2:22.19
19:05:89	18:45:79	1500 Free	17:42.69	17:52.39
28:99	25.79	50 Free	22.89	25.99
5:00:39	4:22.79	400 Medley Relay	3:54.99	4:35.09

#### NOTES:

1500 will be swum at the end of Prelims, 10-minute break before swim, swimming alternating Women/Men fastest to slowest.

1500 – The fastest heat of Women’s/Men’s will be swum in their normal place during finals.

800 will be swum as prescribed in the L.C. Meet Flyer page 2.

#### BREAKS:

Prelims:

10-minute break DAY 2 between each set of events (W/M)

(Optional, based on meet size, DAY 2)

10-minute break DAY 4 between 200 IM & 50 Free (W/M)

10-minute break DAY 2-3-4 before Relays

Finals:

10-minute break after each set (W/M) during awards

10-minute break DAY 2-3-4 before Relays