

LONG COURSE APPENDIX

2009 SECTIONAL CHAMPIONSHIP QUALIFYING TIMES

Summer (Long Course) Columbia, MO July 22-25, 2009

Women		<u>Long Course</u>		Men
Long Course	Short Course	<u>Day One</u>	Short Course	Long Course
1:02:29	55:39	100 Free	49:59	56:49
2:55:19	2:35:19	200 Breast	2:22:29	2:43:39
2:34:59	2:15:29	200 Back	2:03:79	2:22:49
9:47:69	11:02:59	800 Free	10:23:79	9:16:99
		<u>Day Two</u>		
2:14:49	1:59:69	200 Free	1:48.79	2:03:89
5:26:09	4:47:19	400 IM	4:26:39	5:01:59
1:08:69	1:01:59	100 Fly	55:69	1:01:99
4:27:59	3:54:79	400 Free Relay	3:36.39	4:04.59
		<u>Day Three</u>		
4:43:59	5:19:69	400 Free	4:56:49	4:25:29
1:20:99	1:11:49	100 Breast	1:04:19	1:14:29
2:33:89	2:17.19	200 Fly	2:06:39	2:21:59
1:11:89	1:02:69	100 Back	56:99	1:05:79
9:42:29	8:36.99	800 Free Relay	7:48.99	9:18:39
		<u>Day Four</u>		
2:34:29	2:15:79	200 IM	2:03.69	2:20:59
18:59:49	18:41:59	1500 Free	17:36:99	17:47:69
28:69	25.69	50 Free	22.89	25.79
4:57:59	4:19:39	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