

**2010 Upper Southeast Regional YMCA
Short Course Championship Meet
Rock Hill Aquatics Center, Rock Hill SC
March 19-21, 2010**

DUE DATE: Wednesday, March 3, 2010

NAME: _____

This meet is a closed YMCA meet. All swimmers must be full privilege members of the YMCA they are representing, must have competed in at least three (3) interassociation (closed YMCA) meets (since Sept. 1, 2009) prior to the entry deadline and have met the entry qualifying standards. Swimmers in the 11-12 & 10-Under age groups must have achieved the BB time standard or faster in each event entered. 13/14 & Senior swimmers must have achieved the 2010 USRY time standard (attached) in each event entered.

We need to have this meet turned in absolutely no later than 3/3/10. If you do NOT plan to attend the meet, PLEASE check the NO box and turn in the information or fax to Coach Matt @ 704-636-0830.

You may choose individual events up to the event per day limit.

- 13 & Older: maximum of eight (8) individual events total for the meet and no more than three (3) individual events per day.
- 12 & Under: maximum of nine (9) individual events total for the meet and no more than four (4) individual events per day. If choosing to swim in the Senior division, then a maximum of eight (8) individual events total for the meet and no more than three (3) individual events per day.

The coaches may have some events they want you to swim. Those events will be changed on your form.

Age for this meet is as of March 19, 2010.

PLEASE PLEASE PLEASE!!!! Sign below and return this sheet by 3/3/10.

_____ YES! I can't wait to swim in the meet!!!

_____ NO, I can't make it.

Entry limit = 13 & O - 3 per day / 8 total for the meet; 12 & U - 4 per day / 9 total for the meet.
DO NOT CHOOSE RELAYS. COACHES WILL CHOOSE RELAY SWIMMERS.

EVENT #	EVENT NAME	EVENT #	EVENT NAME

Your Signature _____

Email _____

Date _____

Phone _____

**2010 Upper Southeast Regional YMCA
Short Course Championships
ORDER OF EVENTS**

Friday, March 19, 2010 - 13 and Over Session

Prelims Warm-up: 6:30 a.m. Preliminaries: 8:00 a.m.

Finals Warm-up: 5:00 p.m. Finals: 6:00 p.m.

Girls Event #	Age Group Distance & Stroke	Boys Event #
1	Senior 100-yd Breaststroke*	2
3	Senior 200-yd Freestyle*	4
5	Senior 100-yd Butterfly*	6
7	Senior 200-yd Individual Medley*	8
9	13-14 400-yd Medley Relay**	10
11	Senior 400-yd Medley Relay**	12
13	Senior 1000-yd Freestyle**	14

*13/14 & Seniors will swim together during prelims but will compete and score separately in Finals

**Top 10 of each gender will swim Finals. All others will swim Timed Finals in Prelims.

Friday, March 19, 2010 - 12 and Under Session

Warm-up: Not Before 12:00 Noon Timed Finals: Not Before 1:00 p.m.

Girls Event #	Age Group Distance & Stroke	Boys Event #
19	11-12 200-yd Medley Relay	20
21	10 & Under 200-yd Medley Relay	22
23	11-12 200-yd Butterfly	24
25	11-12 50-yd Breaststroke	26
27	10 & Under 50-yd Breaststroke	28
29	11-12 100-yd Freestyle	30
31	10 & Under 100-yd Freestyle	32
33	11-12 100-yd Backstroke	34
35	10 & Under 100-yd Backstroke	36
37	12 & Under 500-yd Freestyle*	38

*Swim together but scored separately

Saturday, March 20, 2010 - 13 and Over Session

Prelims Warm-up: 6:30 a.m. Preliminaries: 8:00 a.m.

Finals Warm-up: 5:00 p.m. Finals: 6:00 p.m.

Girls Event #	Age Group Distance & Stroke	Boys Event #
39	Senior 400-yd Individual Medley*	40
41	Senior 50-yd Freestyle*	42
43	Senior 200-yd Breaststroke*	44
45	Senior 100-yd Backstroke*	46
47	Senior 500-yd Freestyle*	48

*13/14 & Seniors will swim together during prelims but will compete and score separately in Finals

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Saturday, March 20, 2010 - 12 and Under Session

Warm-up: Not Before 12:00 Noon Timed Finals: Not Before 1:00 p.m.

Girls Event #	Age Group Distance & Stroke	Boys Event #
53	11-12 50-yd Backstroke	54
55	10 & Under 50-yd Backstroke	56
57	11-12 200-yd Individual Medley	58
59	10 & Under 200-yd Individual Medley	60
61	11-12 100-yd Butterfly	62
63	10 & Under 100-yd Butterfly	64
65	11-12 100-yd Breaststroke	66
67	10 & Under 100-yd Breaststroke	68
69	11-12 200-yd Freestyle	70
71	10 & Under 200-yd Freestyle Relay	72
73	11-12 200-yd Freestyle Relay	74

Sunday, March 21, 2010 - 13 and Over Session

Prelims Warm-up: 6:30 a.m.

Preliminaries: 8:00 a.m.

Finals Warm-up: No later than 4:00 p.m.

Finals: 1 hour later

Girls Event #	Age Group Distance & Stroke	Boys Event #
75	Senior 200-yd Backstroke*	79
77	Senior 100-yd Freestyle*	78
79	Senior 200-yd Butterfly*	80
81	13/14 400-yd Freestyle Relay	82
83	Senior 400-yd Freestyle Relay	84
85	Senior 1650-yd Freestyle**	86

*13/14 & Seniors will swim together during prelims but will compete and score separately in Finals

**Top 10 of each gender will swim Finals. All others will swim Timed Finals in Prelims.

Sunday, March 21 2010 - 12 and Under Session

Warm-up: Not Before 12:00 Noon

Timed Finals: Not Before 1:00 p.m.

Girls Event #	Age Group Distance & Stroke	Boys Event #
87	11-12 100-yd Individual Medley	88
89	10 & Under 100-yd Individual Medley	90
91	11-12 200-yd Backstroke	92
93	10 & Under 50-yd Freestyle	94
95	11-12 50-yd Freestyle	96
97	11-12 200-yd Breaststroke	98
99	10 & Under 50-yd Butterfly	100
101	11-12 50-yd Butterfly	102
103	10 & Under 200-yd Freestyle	104
105	11-12 400-yd Individual Medley	106
107	12 & Under 400-yd Freestyle Relay	108

2010 Qualifying Times: USRY Short Course Championships

(9 - 10 and 11 – 12 Qualifying Times: BB time standards)

13-14 Girls	Senior Girls	Events	Senior Boys	13-14 Boys
29.29	27.89	50 free	25.09	27.39
1:03.99	1:00.79	100 free	54.89	1:00.29
2:17.69	2:10.59	200 free	1:59.39	2:10.59
5:56.19	5:41.49	500 free	5:15.79	5:39.39
11:51.79	11:51.79	1000 free	11:16.69	11:16.69
19:42.39	19:42.39	1650 free	18:54.59	18:54.59
1:14.19	1:10.19	100 back	1:03.29	1:10.29
2:32.89	2:26.29	200 back	2:12.99	2:24.99
1:24.29	1:19.39	100 breast	1:11.79	1:19.79
2:53.99	2:45.19	200 breast	2:31.99	2:45.59
1:12.79	1:07.99	100 fly	1:01.09	1:08.09
2:31.79	2:24.19	200 fly	2:11.19	2:22.69
2:36.09	2:28.49	200 IM	2:15.69	2:27.69
5:12.79	5:00.89	400 IM	4:37.49	4:56.49