

2009 SEASON OPENER

Order of Events ***This meet is offering Format 1&2 events for 8&U and NTS.***

All Age Group & SRD Swimmers will swim together but be awarded separately by age group and gender.

Session I SATURDAY Sept. 12th, 2009 Warm-ups: 9:00 am Start: 10:00 am

Women		Event Description		Men
1	OPEN	200 FREE	OPEN	2
3	8 & UNDER	100 IM	8 & UNDER	4
5	OPEN	200 IM	OPEN	6
7	8 & UNDER	50 BREAST	8 & UNDER	8
9	OPEN	50 BREAST	OPEN	10
11	8 & UNDER	25 BACK	8 & UNDER	12
13	OPEN	100 BACK	OPEN	14
15	8 & UNDER	25 FLY	8 & UNDER	16
17	OPEN	100 FLY	OPEN	18
19	8 & UNDER	50 FREE	8 & UNDER	20
21	OPEN	50 FREE	OPEN	22
23	11 & Over	200 BREAST	11 & Over	24
25	8 & UNDER	CO-ED 100 FR RELAY	8 & UNDER	26
27	OPEN	CO-ED 200 FR RELAY	OPEN	28

Session II SATURDAY Sept. 12th, 2009, Warm-ups: 1:00 pm EAST LANES Start: 2:00 pm

Women		Event Description		Men
29	OPEN	500 FREE	OPEN	30
31	11 & Over	400 IM	11 & Over	32

8 & UNDER SWIMMERS MUST HAVE AT LEAST 1 AG REGIONAL TIME TO SWIM AG EVENTS

AGE GROUP Swimmers are limited to (4) four individual events per SESSION

8 & under AND AGE GROUP swimmers are limited to five (5) individual events per day.

All Age Group & SRD Swimmers will swim together but be awarded separately by age group and gender.

Session III SUNDAY Sept. 13th, 2009 Warm-ups: 9:00 am Start: 10:00 am

Women		Event Description		Men
33	11 & Over	200 BACK	11 & Over	34
35	12 & Under	100 IM	12 & Under	36
37	8 & UNDER	100 FREE	8 & UNDER	38
39	OPEN	50 FLY	OPEN	40
41	8 & UNDER	50 FLY	8 & UNDER	42
43	OPEN	50 BACK	OPEN	44
45	8 & UNDER	50 BACK	8 & UNDER	46
47	OPEN	100 BREAST	OPEN	48
49	8 & UNDER	25 BREAST	8 & UNDER	50
51	OPEN	100 FREE	OPEN	52
53	8 & UNDER	25 FREE	8 & UNDER	54
55	11 & Over	200 FLY	11 & Over	56
57	8 & UNDER	CO-ED 100 M RELAY	8 & UNDER	58
59	OPEN	CO-ED 200 M RELAY	OPEN	60

Session IV SUNDAY Sept. 13th, 2009 Warm-ups: 1:00 pm EAST LANES Start: 2:00 pm

Women		Event Description		Men
61	11 & OVER	1000 FREE	11 & OVER	62
63	11 & OVER	1650 FREE	11 & OVER	64

Pool Location: Travelling South on I-10, take Sunset exit and travel on Frontage Road to Ruthrauff Rd. Travel East to La Cholla Rd. Travel South to Flowing Wells Junior High School Pool.

Travelling North on I-10, take Ruthrauff exit. Travel East to La Cholla Rd. Travel South to Flowing Wells Junior High School Pool/

Parking available next to pool via Wetmore Road entrance (entrance is next to Centennial Elementary School). Additional parking will also be available in front of Flowing Wells Junior High using the La Cholla Road entrance.

TJCC Stingrays ANIMAL SQUAD entries.... Email to tjccstingrays@yahoo.com. Include " your choice" events.
DEADLINE Sept 4th (Friday).