



Meet Name: Age Group Seattle Open

**LAST CHANCE TO QUALIFY FOR  
LONG COURSE PNS CHAMPS!!!!**

Date: July 16 -18, 2010

Location: Colman Pool at Lincoln Park, West Seattle

Time Standards: See the Events List for Qualifying and De-Qualifying Time Standards

Events Per Day: 3 events per day

Due Date: Friday, May 28<sup>th</sup> to Coach David

Name: \_\_\_\_\_

I would like Coach David to decide the events.

Event #	Event	Time (optional)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Event Charge (events x \$3.00): \_\_\_\_\_  
Meet Surcharge (\$5.00): \_\_\_\_\_ \$5.00  
SA Surcharge (\$5.00): \_\_\_\_\_ \$5.00  
Total Due: \_\_\_\_\_ Please do not pay until billed.

Meet entries go into Coach David's file or to Coach David.

# 2010 Age Group Seattle Open

## Order of Events

### **8 & Under**

#### **Friday - Session 2 PM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>
19,20	200 IM	3:50.00	3:50.00
23,24	100 Back	1:46.00	1:48.00
27,28	100 Fly	2:02.00	2:02.00

#### **Saturday - Session 4 PM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>
51,52	50 Free	:51.00	:53.00
57,58	50 Back	1:03.00	1:05.00
65,66	100 Breast	2:01.00	2:01.00
69,70	100 Free	1:32.00	1:32.00

#### **Sunday - Session 5 AM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>
77,78	50 Breast	1:14.00	1:16.00
83,84	50 Fly	1:04.00	1:06.00
89,90	200 Free	3:17.00	3:17.00

## **9 - 10 Year Olds**

### **Friday - Session 2 PM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>
19,20	200 IM	3:50.00	3:50.00
23,24	100 Back	1:46.00	1:48.00
27,28	100 Fly	2:02.00	2:02.00

### **Saturday - Session 4 PM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>
53,54	50 Free	:41.00	:41.00
59,60	50 Back	:48.50	:48.50
65,66	100 Breast	2:01.00	2:01.00
69,70	100 Free	1:32.00	1:32.00

### **Sunday - Session 5 AM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>
79,80	50 Breast	:54.50	:54.50
85,86	50 Fly	:48.50	:48.50
89,90	200 Free	3:17.00	3:17.00

## **11 - 12 Year Olds**

### **Friday - Session 1 AM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>	<b>Girls De-Qualifying</b>	<b>Boys De-Qualifying</b>
9,10	200 Back	3:16.00	3:19.00	PNS	PNS

### **Friday - Session 2 PM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>
17,18	100 Free	1:19.00	1:19.00
21,22	200 IM	3:20.00	3:20.00
25,26	100 Back	1:31.00	1:31.00
29,30	100 Fly	1:39.00	1:41.00

### **Saturday - Session 3 AM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>
35,36	200 Breast	3:48.00	3:53.00

### **Saturday - Session 4 PM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>	<b>Girls De-Qualifying</b>	<b>Boys De-Qualifying</b>
55,56	50 Free	:36.00	:37.00		
61,62	50 Back	:42.50	:45.00		
63,64	400 IM	6:58.00	7:08.00	PNS	PNS
67,68	100 Breast	1:45.00	1:45.00		
71,72	200 Free	2:50.00	2:50.00		

### **Sunday - Session 5 AM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>	<b>Girls De-Qualifying</b>	<b>Boys De-Qualifying</b>
81,72	50 Breast	:48.00	:48.00		
87,88	50 Fly	:40.00	:40.00		
91,92	400 Free	6:15.00	6:25.00		

### **Sunday - Session 6 PM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>	<b>Girls De-Qualifying</b>	<b>Boys De-Qualifying</b>
105,106	200 Fly	3:25.00	3:21.00	PNS	PNS

### **Sunday - Session 7 PM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>	<b>Girls De-Qualifying</b>	<b>Boys De-Qualifying</b>
107,108	1500 Free	23:25.00	23:40.00	PNS	PNS

## **13 - 14 Year Olds**

### **Session 1 - Friday AM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>
5,6	200 IM	3:05.00	2:58.00
9,10	200 Back	3:05.00	2:58.00
11,12	100 Fly	1:26.00	1:23.00
15,16	400 Free	5:35.00	5:35.00

### **Session 3 - Saturday AM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>
31,32	200 Free	2:39.00	2:38.00
35,36	200 Breast	2:28.00	2:25.00
37,38	50 Free	:34.50	:32.50
41,42	100 Back	1:25.00	1:22.00
45,46	400 IM	6:35.00	7:30.00

### **Session 6 - Sunday PM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>
97,98	100 Free	1:15.00	1:12.00
101,102	100 Breast	1:37.00	1:34.00
105,106	200 Fly	3:28.00	3:28.00

### **Session 7 - Sunday PM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>
107,108	1500 Free	22:35.00	22:25.00

## **15 & Over**

### **Session 1 - Friday AM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>	<b>Girls De- Qualifying</b>	<b>Boys De- Qualifying</b>
7,8	200 IM	2:56.00	2:52.00	2:44.00	2:32.00
9,10	200 Back	2:59.00	2:56.00	2:47.00	2:36.00
13,14	100 Fly	1:26.00	1:23.00	1:14.00	1:07.00
15,16	400 Free	5:31.00	5:31.00	4:58.00	4:43.00

### **Session 3 - Saturday AM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>	<b>Girls De- Qualifying</b>	<b>Boys De- Qualifying</b>
33,34	200 Free	2:37.00	2:29.00	2:26.00	2:14.00
35,36	200 Breast	3:24.00	3:23.00	3:08.00	2:52.00
39,40	50 Free	:32.50	:31.50	:31.00	:28.00
43,44	100 Back	1:24.00	1:22.00	1:19.00	1:12.00
45,46	400 IM	6:35.00	6:35.00	5:37.00	5:21.00

### **Session 6 - Sunday PM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>	<b>Girls De- Qualifying</b>	<b>Boys De- Qualifying</b>
99,100	100 Free	1:12.00	1:09.00	1:07.50	1:01.50
103,104	100 Breast	1:34.00	1:31.00	1:31.00	1:23.00
105,106	200 Fly	3:20.00	3:20.00	2:49.00	2:35.00

### **Session 7 - Sunday PM**

<b>Event # (girls, boys)</b>	<b>Event</b>	<b>Girls Qualifying</b>	<b>Boys Qualifying</b>	<b>Girls De- Qualifying</b>	<b>Boys De- Qualifying</b>
107,108	1500 Free	21:43.00	21:00.00	19:39.00	18:30.00