

Eastern Zone Southern Region Short Course Speedo Championship Series

March 26-29, 2009
At Germantown Indoor Swim Center

Order of Events

Thursday, March 26, 2009

Timed Finals: 4:30pm start

Women			#	Event	#	Men		
SCY	SCM	LCM				LCM	SCM	SCY
17:54.39	17:43.19	18:16.79	1	1650 yard Freestyle	2	9:11.39	8:58.59	10:09.89
				1000 yard Freestyle				

Friday, March 27, 2009

Prelims: 9:00am start Finals: 6:00pm start

Women			#	Event	#	Men		
SCY	SCM	LCM				LCM	SCM	SCY
1:57.79	2:10.79	2:12.69	3	200 yard Freestyle	4	2:01.49	1:58.09	1:46.49
1:08.89	1:16.49	1:18.29	5	100 yard Breaststroke	6	1:10.39	1:09.09	1:02.19
1:00.09	1:06.79	1:07.49	7	100 yard Butterfly	8	1:00.89	1:00.09	54.09
4:39.99	5:09.69	5:22.19	9	400 yard IM	10	4:49.89	4:43.19	4:15.09
8:05.39	8:58.89	9:06.69	11	800 yard Free Relay	12	8:14.79	8:06.69	7:22.39

Saturday, March 28, 2009

Prelims: 9:00am start Finals: 6:00pm start

Women			#	Event	#	Men		
SCY	SCM	LCM				LCM	SCM	SCY
4:12.29	4:40.29	4:44.09	13	200 yard Medley Relay	14	4:19.69	4:15.59	3:46.99
2:13.49	2:28.19	2:29.49	15	200 yard Butterfly	16	2:16.29	2:14.89	2:01.49
25.39	28.19	28.59	17	50 yard Freestyle	18	25.59	24.99	22.49
2:30.49	2:47.09	2:49.39	19	200 yard Breaststroke	20	2:32.99	2:30.29	2:15.79
1:01.09	1:07.89	1:09.39	21	100 yard Backstroke	22	1:02.89	1:01.19	55.09
5:12.49	4:32.59	4:38.19	23	500 yard Freestyle	24	4:18.59	4:10.89	4:48.39
3:45.79	4:10.89	4:14.99	25	400 yard Free Relay	26	3:48.69	3:44.09	3:21.89

Sunday, March 29, 2009

Prelims: 9:00am start Finals: 6:00pm start

Women			#	Event	#	Men		
SCY	SCM	LCM				LCM	SCM	SCY
1:44.59	1:56.19	1:57.79	27	200 yard Free Relay	28	1:45.49	1:42.19	1:32.69
10:40.29	9:19.59	9:34.99	29	1000 yard Freestyle				
				1650 yard Freestyle	30	17:21.99	16:35.19	16:43.99
2:11.89	2:26.49	2:28.99	31	200 yard Backstroke	32	2:15.39	2:12.59	1:59.39
54.79	1:00.89	1:01.89	33	100 yard Freestyle	34	55.69	54.39	48.99
2:12.49	2:26.59	2:30.59	35	200 yard IM	36	2:16.59	2:12.99	1:59.79
4:12.29	4:40.29	4:44.09	37	400 yard Medley Relay	38	4:19.69	4:15.59	3:46.99

Scratch deadlines:

- Thursday, 3:00pm: Thursday distance events (W 1650/M 1000).
- Thursday, 5:00pm: All Friday events (including positive check-in for 800 free relay).
- Friday, 6:30pm: All Saturday events (including positive check-in for 200 medley relay and 400 free relay).
- Saturday, 6:30pm: All Sunday events (including positive check-in for 200 free relay and 400 medley relay, W 1000/M 1650).

Relay Events: Relays are timed-final events. The fastest two heats will swim the finals during the evening session. The Sunday Relay Rule will be in effect for Sunday relays. Remaining heats will swim with preliminaries during the morning session. All relays must be positively checked-in by the appropriate scratch deadline. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. 200 yard Medley Relay entry times must be provable 400 Medley Relay times.

Thursday Distance Events: The Women's 1650 yard Freestyle will be swum slowest-to-fastest, followed by the Men's 1000 yard Freestyle swum slowest-to-fastest. These events are timed finals.

Sunday Distance Events: The fastest heat of the Women's 1000 yard Freestyle and the fastest heat of the Men's 1650 yard Freestyle will be swum at the beginning of the evening finals session. The remaining heats will swim on Sunday afternoon, such that the last heat finishes at 4:30pm. The heats will be swum alternating women and men such that the second-fastest men's heat swims last, the second-fastest women's heat swims next-to-last, etc. The heat order will be published after the scratch deadline. These events are timed finals.