

2010 HIGH POINT SWIM CLUB
TAR HEEL STATES INVITATIONAL "WEST"

July 30 – August 1, 2010

ORDER OF EVENTS

Session 1- Senior and Age Group Timed Finals

Friday, July 30, 2010

Warm-up: 3:30 PM

Timed Finals: 4:30 PM

Girls		Boys
Event #	EVENT	Event #
1	Senior 400m IM ¹	2
3	11-12 200m IM ²	4
5	10 & Under 200m IM ²	6
7	Senior 400m Free ³	8

¹ The 400 IM will be deck-seeded swum 3 heats of girls, 3 heats of boys then alternating girl, boy.

²The 11-12 and 10 & Under 200 IM will be deck-seeded and require positive check-in. Heats may be combined to save time.

³ The Senior 400m Free will be deck-seeded swum 3 heats of girls, 3 heats of boys then alternating girl, boy.

Session 2 – Senior Prelims

Saturday, July 31, 2010

Warm-up: 8:00 AM

Prelims Begin: 9:00 AM

Girls		Boys
Event #	EVENT	Event #
9	Senior & 13-14 200m Fly	10
11	Senior & 13-14 100m Free	12
13	Senior & 13-14 100m Breast	14
15	Senior & 13-14 200m Back	16
17	Senior & 13-14 200m IM	18

Session 3 – 12 & Under Timed Finals

Saturday, July 31, 2010

Warmup: Not before 12:00 PM

Timed Finals Begin: Not before 1:00 PM

Girls

Boys

<u>Event #</u>	<u>EVENT</u>	<u>Event #</u>
21	11-12 50m Fly	22
23	10 & U 50m Fly	24
25	11-12 200m Free	26
27	10 & U 200m Free	28
29	11-12 50m Back	30
31	10 & U 50m Back	32
33	11-12 100m Breast	34
35	10 & U 100m Breast	36
37	11-12 200m Free Relay	38
39	10 & U 200m Free Relay	40

Session 4 – Senior & 13-14 Finals

Saturday, July 31, 2010

Warm-up: 5:00 PM

Finals Begin: 6:00 PM

Girls

Boys

<u>Event #</u>	<u>EVENT</u>	<u>Event #</u>
9	Senior & 13-14 200m Fly	10
11	Senior & 13-14 100m Free	12
13	Senior & 13-14 100m Breast	14
15	Senior & 13-14 200m Back	16
17	Senior & 13-14 200m IM	18
19	Senior & 13-14 200m Free Relay	20

Session 5 – Senior & 13-14 Prelims

Sunday, August 1, 2010

Warm-up: 7:00 AM

Prelims Begin: 8:00 AM

Girls		Boys
Event #	EVENT	Event #
41	Senior & 13-14 200m Breast	42
43	Senior & 13-14 50m Free	44
45	Senior & 13-14 100m Back	46
47	Senior & 13-14 200m Free	48
49	Senior & 13-14 100m Fly	50
51	Senior 200 Medley Relay	52
53	Senior 800 Free ³	54

³ The 800m Free will be swum fastest to slowest, alternating genders. These events may be limited to the fastest 3, 4, or 5 heats dependent on what the timeline will allow.

Session 6 – Age Group Timed Finals

Sunday, August 1, 2010

Warm-up: Not before 12:00 NOON

Timed Finals Begin: Not before 1:00 PM

Girls		Boys
Event #	EVENT	Event #
55	11-12 50m Breast	56
57	10 & U 50m Breast	58
59	11-12 50m Free	60
61	10 & U 50m Free	62
63	11-12 100m Back	64
65	10 & U 100m Back	66
67	11-12 100m Free	68
69	10 & U 100m Free	70
71	11-12 100m Fly	72
73	10 & U 100m Fly	74
75	11-12 200m Med. Relay	76
77	10 & U 200m Med. Relay	78

Session 7 – Senior & 13-14 Finals

Sunday, August 1, 2010

Warm-up: 4:30 PM

Finals Begin: 5:30 PM

Girls

Boys

<u>Event #</u>	<u>EVENT</u>	<u>Event #</u>
41	Senior & 13-14 200m Breast	42
43	Senior & 13-14 50m Free	44
45	Senior & 13-14 100m Back	46
47	Senior & 13-14 200m Free	48
49	Senior & 13-14 100m Fly	50