



**EXCEL AQUATICS  
2009 SPRING FLING  
LONG COURSE OPEN**

*ORDER OF EVENTS*  
Friday, April 24, 2009

Friday PM Session  
Warm-ups at 3:45 P.M. & Competition at 5:00 P.M.

GIRLS EVENTS

BOYS EVENTS

1	Senior	400 IM*	**	2
3	11 - 12	200 IM		4
5	Senior	1500 Free*	**	6

\* This event may be limited to the fastest 32 girls and the fastest 32 boys

\*\* This event may be limited to the 32 fastest girls and the 32 fastest boys. We will take the top 16 13-14 girls, the top 16 13-14 boys, the top 16 senior girls and the top 16 senior boys after positive check-in.



**EXCEL AQUATICS  
2009 SPRING FLING  
LONG COURSE OPEN**

*ORDER OF EVENTS  
SATURDAY, April 25, 2009*

Saturday AM Session – 13-14, Senior  
Warm-ups at 7:00 A.M. & Competition at 8:00 A.M.

<u>WOMEN</u>			<u>MEN</u>
7	13 –14	200 Free Relay	8
9	Senior	200 Free Relay	10
11	13 – 14	200 IM	12
13	Senior	200 IM	14
15	13 –14	100 Back	16
17	Senior	100 Back	18
19	13 – 14	200 Breast	20
21	Senior	200 Breast	22
23	13 – 14	100 Free	24
25	Senior	100 Free	26
27	13-14	200 Butterfly	28
29	Senior	200 Butterfly	30
		10 minute break	
31	Senior	400 Free**	32

\*\* This event may be limited to the fastest 40 girls and fastest 40 boys. We will take the top 20 13-14 girls, the top 20 13-14 boys, the top 20 senior girls and the top 20 senior boys after positive check-in.

Saturday PM Session - 12 & Under  
Warm-ups at conclusion of Morning Session but not before 12:00 PM  
Competition not before 1:00 PM

<u>WOMEN</u>			<u>MEN</u>
33	11 -12	200 Free Relay	34
35	8&U and 10&U	200 Free Relay*	36
37	11 - 12	50 Butterfly	38
39	10 & U	50 Butterfly	40
41	8 &U	50 Butterfly	42
43	11 – 12	100 Free	44
45	10 & U	100 Free	46
47	8 & U	100 Free	48
49	11 – 12	100 Breast	50
51	10 & U	100 Breast	52
53	11 - 12	50 Back	54
55	10 & U	50 Back	56
57	8 & U	50 Back	58
59	10 & Under	200 IM	60
61	12 & Under	400 Free**	62

\*The 10 & Under relay events will be scored 8 & Under, 9-10.

\*\*The 12 & Under 400 free will swim fastest to slowest, alternating girls and boys. This event may be limited to the fastest 32 girls and the fastest 32 boys.



**EXCEL AQUATICS  
2009 SPRING FLING  
LONG COURSE OPEN**

*ORDER OF EVENTS  
SUNDAY, April 26, 2009*

Sunday AM Session – 13-14, Senior  
Warm-ups at 7:00 A.M. & Competition at 8:00 A.M.

WOMEN			MEN
63	13 – 14	200 Medley Relay	64
65	Senior	200 Medley Relay	66
67	13 – 14	200 Back	68
69	Senior	200 Back	70
71	13 – 14	100 Breast	72
73	Senior	100 Breast	74
75	13 – 14	200 Free	76
77	Senior	200 free	78
79	13 – 14	100 Fly	80
81	Senior	100 Fly	82
83	13 - 14	50 Free	84
85	Senior	50 Free	86
		10 minute break	
87	Senior	800 Free*	88

\* This event may be limited to the 32 fastest girls and the 32 fastest boys. We will take the top 16 13-14 girls, the top 16 13-14 boys, the top 16 senior girls and the top 16 senior boys after positive check-in.

Sunday PM Session - 12 & Under  
Warm-ups at the conclusion of the Morning Session but not before 12:00 pm  
Competition not before 1:00 pm

GIRLS EVENTS		BOYS EVENTS	
89	11 – 12	200 Medley Relay	90
91	8 & U and 10 & U	200 Medley Relay*	92
93	11 – 12	100 Back	94
95	10 & U	100 Back	96
97	11 – 12	50 Free	98
99	10 & U	50 Free	100
101	8 & U	50 Free	102
103	11 – 12	50 Breast	104
105	10 & U	50 Breast	106
107	8 & U	50 Breast	108
109	11 – 12	100 Fly	110
111	10 & U	100 Fly	112
113	11 – 12	200 Free	114
115	10 & U	200 Free	116

\*The 10 & Under relay events will be scored 8 & Under, 9-10.