



EXCEL AQUATICS
2009 STARS AND STRIPES
LONG COURSE OPEN SWIM MEET

ORDER OF EVENTS
FRIDAY, May 29, 2009

Friday Afternoon Session - All Swimmers
Warm-ups at 2:00 P.M. & Competition at 3:15 P.M.

GIRLS EVENTS

BOYS EVENTS

1	Senior	400 IM	2
3	11 - 12	400 Free *	4
5	Senior	*800Free **	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 STARS & STRIPES
LONG COURSE OPEN**

*ORDER OF EVENTS
SATURDAY, May 30, 2009*

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.

PM Session - 12 and 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	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	11-12	200 IM	62

*The 10 & Under relays will be scored 8 & Under, and 9-10.



**EXCEL AQUATICS
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**ORDER OF EVENTS
SUNDAY, May 31, 2009**

AM Session - 13 through Senior Swimmers
Warm-ups at 7:00 A.M. & Competition at 8:00 A.M.

<u>WOMEN</u>			<u>MEN</u>
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	1500 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.

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

<u>GIRLS EVENTS</u>		<u>BOYS EVENTS</u>	
89	11 – 12	200 Medley Relay	90
91	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 relays will be scored 8 & Under, and 9-10.