

# 2010 UTAH JO CHAMPIONSHIPS

MARCH 17, 18, 19, 20 @ South Davis Recreation Center – 550 North 200 West, Bountiful, Utah

You may swim in up to 8 individual events, swimming no more than 3 per day in which you qualify  
If you are unsure if you qualify, check the team web page (www.syacswimclub.org)

COST: \$3.00 per individual event + \$16.00 per swimmer

The 11-12 200 Back, Breast, Fly; 10-Under 500 Freestyle and 13-14 1000 Freestyle will be swum in the morning session only.

The 1650 and 1000 Free will be swum fastest to slowest alternating girls and boys heat.

All relays will be swum in finals as the first event in the finals (warm-up 4:30pm; meet 5:30pm) session.

Top 16 come back at night for finals (warm-up 4:30pm finals 5:30pm)

## Wednesday, March 17<sup>th</sup>, 2010

Warm-up: 4:30pm Meet: 5:30pm

Girls		Boys	
"Q"-Time	Event	Event Name	Event "Q"-Time
6:09.39	1	11-12 400 I.M.	2 6:00.69
21:53.19	3	13-14 1650 Free	4 21:17.79

## Thursday, March 18<sup>th</sup>, 2010

warm-up: 7:30 a.m. Meet: 8:30 a.m.  
finals warm-up: 4:30 p.m. Meet: 5:30 p.m.

Girls		Boys	
"Q"-Time	Event	Event	"Q"-Time
	5 10-Un 200 Free Relay	6	
	7 11-12 200 Free Relay	8	
	9 13-14 200 Free Relay	10	
2:58.29	11 10-Un 200 Freestyle	12	2:53.89
2:30.79	13 11-12 200 Freestyle	14	2:29.79
2:19.09	15 13-14 200 Freestyle	16	2:14.39
43.19	17 10-Un 50 Butterfly	18	43.19
35.29	19 11-12 50 Butterfly	20	35.59
1:14.49	21 13-14 100 Butterfly	22	1:10.09
47.49	23 10-Un 50 Breaststroke	24	48.69
40.99	25 11-12 50 Breaststroke	26	40.99
1:22.39	27 13-14 100 Breaststroke	28	1:19.89
3:19.39	29 10-Un 200 I.M.	30	3:19.39
2:50.69	31 11-12 200 I.M.	32	2:51.19
5:44.49	33 13-14 400 I.M.	34	5:29.29
2:52.69	35 11-12 200 Backstroke	36	2:46.49

## Friday, March 19<sup>th</sup>, 2010

warm-up: 7:30 a.m. Meet: 8:30 a.m.  
finals warm-up: 4:30 p.m. Meet: 5:30 p.m.

Girls		Boys	
"Q"-Time	Event	Event	"Q"-Time
	37 10-Un 200 Medley Relay	38	
	39 11-12 200 Medley Relay	40	
	41 13-14 200 Medley Relay	42	
1:20.39	43 10-Un 100 Freestyle	44	1:20.69
1:07.99	45 11-12 100 Freestyle	46	1:07.49
1:02.99	47 13-14 100 Freestyle	48	59.99
1:44.99	49 10-Un 100 Breaststroke	50	1:46.49
1:28.89	51 11-12 100 Breaststroke	52	1:28.89
2:58.09	53 13-14 200 Breaststroke	54	2:53.19
41.59	55 10-Un 50 Backstroke	56	42.99
36.19	57 11-12 50 Backstroke	58	36.89
1:11.29	59 13-14 100 Backstroke	60	1:09.79
2:51.59	61 11-12 200 Butterfly	62	2:48.29
7:13.99	63 10-Un 500 Freestyle	64	7:09.99
6:40.09	65 11-12 500 Freestyle	66	6:36.49
6:15.49	67 13-14 500 Freestyle	68	6:02.99

## Saturday, March 20<sup>th</sup>, 2010

warm-up: 7:30 a.m. Meet: 8:30 a.m.  
finals warm-up: 4:30 p.m. Meet: 5:30 p.m.

Girls		Boys	
"Q"-Time	Event	Event	"Q"-Time
	69 11-12 400 Free Relay	70	
	71 13-14 400 Free Relay	72	
1:32.09	73 10-Under 100 I.M.	74	1:30.99
1:19.39	75 11-12 100 I.M.	76	1:18.29
2:37.39	77 13-14 200 I.M.	78	2:31.99
35.19	79 10-Un 50 Freestyle	80	35.19
30.39	81 11-12 50 Freestyle	82	30.59
28.59	83 13-14 50 Freestyle	84	27.59
1:43.59	85 10-UN 100 Butterfly	86	1:42.09
1:21.09	87 11-12 100 Butterfly	88	1:19.69
2:40.99	89 13-14 200 Butterfly	90	2:34.59
1:31.79	91 10-Un 100 Backstroke	92	1:34.59
1:18.69	93 11-12 100 Backstroke	94	1:19.19
2:38.19	95 13-14 200 Backstroke	96	2:33.79
3:13.99	97 11-12 200 Breaststroke	98	3:07.09
13:08.29	99 13-14 1000 Freestyle	100	12:43.59

We need to sign up for volunteer slots to help run the meet, this can be done at  
<http://www.1mysignup.com/cgi-bin/view.cgi?datafile=utahstatechampswimmeetvolunteers>

**SIGN UP AT [WWW.SYACSWIMCLUB.ORG](http://WWW.SYACSWIMCLUB.ORG) BY 10:00pm SATURDAY MARCH 6<sup>th</sup>**