

UTAH 2010 LONG COURSE STATE CHAMPIONSHIPS July 29th – 31st, 2010

@ KEARNS QUIRRH PARK FITNESS CENTER (5624 South 4800 West)

Parking will be available in the Kearns High School parking lot
Please enter the pool area through the east gate (behind the Indoor Comp Pool)

Cost: \$3.00 per event + \$16.00 surcharge per swimmer

You may swim in up to 7 individual events with no more than 3 individual events per day

Top 16 return at night for finals

All relays will be swum as Timed Finals as the first event in the evening (finals) session.

ORDER OF EVENTS

Wednesday, July 28^h, 2010

Warm-up = 4:00-4:55p.m. Meet 5:00pm

Girls	Event	Boys
1	11-12 400 I.M.	2
3	13-UP 1500 Free	4

Friday, July 30th, 2010

Prelims Warm-up = 7:00-8:25am Meet 8:30am

Finals Warm-up = 4:30-5:25pm Meet 5:30pm

Girls	Event	Boys
47	10-UN 200 Medley Relay	48
49	11-12 200 Medley Relay	50
51	13-14 400 Medley Relay	52
53	Senior 400 Medley Relay	54
55	10-UN 100 Free	56
57	11-12 100 Free	58
59	13-14 100 Free	60
61	Senior 100 Free	62
63	10-UN 100 Breast	64
65	11-12 100 Breast	66
67	13-14 200 Breast	68
69	Senior 200 Breast	70
71	10-UN 50 Back	72
73	11-12 50 Back	74
75	13-14 100 Back	76
77	Senior 100 Back	78
79	11-12 200 Fly	80
81	10-UN 400 Free	82
83	11-12 400 Free	84
85	13-14 400 Free	86
87	Senior 400 Free	88

Saturday, July 31st, 2010

Prelims Warm-up = 7:00-8:25am Meet 8:30am

Finals Warm-up = 4:30-5:25pm Meet 5:30pm

Girls	Event	Boys
89	10-UN 200 Free Relay	90
91	13-14 400 Free Relay	92
93	Senior 400 Free Relay	94
95	11-12 400 Free Relay	96
97	13-14 200 I.M.	98
99	Senior 200 I.M.	100
101	10-UN 50 Free	102
103	11-12 50 Free	104
105	13-14 50 Free	106
107	Senior 50 Free	108
109	10-UN 100 Fly	110
111	11-12 100 Fly	112
113	13-14 200 Fly	114
115	Senior 200 Fly	116
117	10-UN 100 Back	118
119	11-12 100 Back	120
121	13-14 200 Back	122
123	Senior 200 Back	124
125	11-12 200 Breast	126
127	13-UP 800 Free	128

Thursday, July 29th, 2010

Prelims Warm-up = 7:00-8:25am Meet 8:30am

Finals Warm-up = 4:30-5:25pm Meet 5:30pm

Girls	Event	Boys
5	10-UN 400 Free Relay	6
7	11-12 200 Free Relay	8
9	13-14 200 Free Relay	10
11	Senior 200 Free Relay	12
13	10-UN 200 Free	14
15	11-12 200 Free	16
17	13-14 200 Free	18
19	Senior 200 Free	20
21	10-UN 50 Fly	22
23	11-12 50 Fly	24
25	13-14 100 Fly	26
27	Senior 100 Fly	28
29	10-UN 50 Breast	30
31	11-12 50 Breast	32
33	13-14 100 Breast	34
35	Senior 100 Breast	36
37	10-UN 200 I.M.	38
39	11-12 200 I.M.	40
41	13-14 400 I.M.	42
43	Senior 400 I.M.	44
45	11-12 200 Back	46

All 11-12 200 Stroke events will be swam as timed final events in the preliminary session. (200 back, 200 breast and 200 butterfly). The 1500 and 800 Freestyle will be swum as timed finals. All entrants 13-14 and Senior will be combined and seeded fastest to slowest, and swum fastest to slowest, alternating with the fastest girl's heat and the fastest boy's heat.

Sign up online at www.syacswimclub.org by Saturday July 17th 10:00pm