

A+ 2010 Time standards : Sheet1

| Schroeder A+ | | | | | | | |
|--|----------|-------|-----------------------|--|------|---------------|----------|
| Friday, February 5, 2010 | | | | | | | |
| warm up: 4:30 pm / meet start: 5:35 pm | | | | | | | |
| time standard | | | | | | | |
| scy | | girls | event | | boys | time standard | |
| lcm | | | | | | scy lcm | |
| 5.06.79 | 5.48.09 | 1 | 14 & U 400 IM | | 2 | 5.02.89 | 5.46.79 |
| 4.59.29 | 5.40.39 | 3 | senior 400 IM | | 4 | 4.49.09 | 5.29.99 |
| 6.07.29 | 5.30.39 | 5 | 12 & U 500 free | | 6 | 6.05.99 | 5.30.89 |
| 5.38.29 | 5.03.49 | 7 | 13-14 500 free | | 8 | 5.40.09 | 5.05.59 |
| 11.23.89 | 10.07.59 | 9 | senior 1000 free | | 10 | 11.12.19 | 10.04.59 |
| all of Friday's timed final events will be swum fastest to slowest. 400 IM is pre-seeded, the 500 and 1000 check in by 5:10 PM | | | | | | | |
| Saturday, February 6, 2010 | | | | | | | |
| AM Session | | | | | | | |
| warm up: 7:00 am / meet start: 8:05 am | | | | | | | |
| time standard | | | | | | | |
| scy | | girls | event | | boys | time standard | |
| lcm | | | | | | scy lcm | |
| 58.09 | 1.06.19 | 11 | senior 100 free | | 12 | 55.39 | 1.04.09 |
| 59.09 | 1.07.59 | 13 | 13 - 14 100 free | | 14 | 58.09 | 1.06.59 |
| 1.04.89 | 1.14.99 | 15 | senior 100 back | | 16 | 1.01.79 | 1.11.99 |
| 1.06.39 | 1.16.79 | 17 | 13 -14 100 back | | 18 | 1.04.89 | 1.15.59 |
| 1.13.59 | 1.24.09 | 19 | senior 100 breast | | 20 | 1.09.19 | 1.20.59 |
| 1.14.79 | 1.25.39 | 21 | 13 -14 100 breast | | 22 | 1.12.29 | 1.23.59 |
| 1.04.09 | 1.12.69 | 23 | senior 100 fly | | 24 | 1.00.79 | 1.09.09 |
| 1.05.59 | 1.14.39 | 25 | 13 - 14 100 fly | | 26 | 1.04.09 | 1.12.69 |
| 2.19.79 | 2.38.89 | 27 | senior 200 IM | | 28 | 2.15.69 | 2.37.19 |
| 2.23.19 | 2.42.99 | 29 | 13 - 14 200 IM | | 30 | 2.22.49 | 2.44.59 |
| ten minute break | | | | | | | |
| | | * 31 | senior 400 med relay | | 32 | | |
| | | * 33 | 13 - 14 400 med relay | | 34 | | |
| five minute break | | | | | | | |
| 5.26.99 | 4.51.99 | 35 | ** senior 500 free | | 36 | 5.25.29 | 4.53.29 |
| (* relays will be timed final, fastest to slowest, top eight at night) | | | | | | | |
| (**will be swum after the relays, fastest to slowest, timed final, top 8 at night) | | | | | | | |
| Saturday PM Session | | | | | | | |
| warm up: not before 12:00 pm | | | | | | | |
| time standard | | | | | | | |
| scy | | girls | event | | boys | time standard | |
| lcm | | | | | | scy lcm | |
| 42.39 | xxxx | 37 | 8 & under 50 fr | | 38 | 42.39 | xxxx |
| 32.39 | 36.49 | 39 | 9 - 10 50 fr | | 40 | 31.89 | 36.19 |
| 1.04.29 | 1.13.19 | 41 | 11/12 100 fr | | 42 | 1.02.99 | 1.11.59 |
| 54.99 | xxxx | 43 | 8 & under 50 br | | 44 | 54.99 | xxxx |

| | | | | | | | |
|--|---------------|-------|------------------------|---|----|---------|---------------|
| 41.99 | 48.29 | 45 | | 9 - 10 50 br | 46 | 42.49 | 48.49 |
| 1.21.99 | 1.33.59 | 47 | | 11/12 100 br | 48 | 1.21.29 | 1.33.89 |
| 2.36.39 | 2.59.89 | 49 | | 9 - 10 200 fr | 50 | 2.31.89 | 2.52.39 |
| 1.49.59 | xxx | 51 | | 8 & under 100 IM | 52 | 1.49.59 | xxx |
| 1.13.59 | 1.22.89 | 53 | | 11/12 100 fly | 54 | 1.12.49 | 1.22.59 |
| 1.23.19 | xxx | 55 | | 9 - 10 100 IM | 56 | 1.21.29 | xxx |
| 2.37.99 | 2.59.29 | 57 | | 11/12 200 IM | 58 | 2.36.69 | 2.58.09 |
| | | | | five minute break | | | |
| | | 59 | * 8 & u 100 med relay | | 60 | | |
| | | 61 | * 10 & u 200 med relay | | 62 | | |
| | | 63 | * 11/12 400 med relay | | 64 | | |
| Saturday Finals | | | | | | | |
| Order of Events | | | | | | | |
| | | girls | | event | | boys | |
| | | 1 | | senior 100 free | | 2 | |
| | | 3 | | 9-10 50 fr | | 4 | |
| | | 5 | | 11/12 100 fr | | 6 | |
| | | 7 | | 13 - 14 100 free | | 8 | |
| | | 9 | | *10 & under 200 med. relay | | 10 | |
| | | 11 | | ** senior 500 free | | 12 | |
| | | 13 | | 13-14 100 back | | 14 | |
| | | 15 | | senior 100 back | | 16 | |
| | | 17 | | 9 - 10 50 breast | | 18 | |
| | | 19 | | 11/12 100 breast | | 20 | |
| | | 21 | | 13 -14 100 breast | | 22 | |
| | | 23 | | senior 100 breast | | 24 | |
| | | 25 | | 11/12 400 med relay | | 26 | |
| | | 27 | | 9 - 10 200 fr | | 28 | |
| | | 29 | | 11/12 100 fly | | 30 | |
| | | 31 | | 13 - 14 100 fly | | 32 | |
| | | 33 | | senior 100 fly | | 34 | |
| | | 35 | | 9 - 10 100 IM | | 36 | |
| | | 37 | | 11/12 200 IM | | 38 | |
| | | 39 | | 13 - 14 200 IM | | 40 | |
| | | 41 | | senior 200 IM | | 42 | |
| | | | | five minute break | | | |
| | | 43 | | *13 - 14 400 med relay | | 44 | |
| | | 45 | | *senior 400 med relay | | 46 | |
| | | | | * top eight seeded relays at night, fastest to slowest, timed final | | | |
| | | | | ** top eight seeded 500 free timed final | | | |
| Sunday, February 8, 2009 | | | | | | | |
| AM Session | | | | | | | |
| warm up: 8:00 am / meet start: 9:05 am | | | | | | | |
| | time standard | girls | | event | | boys | time standard |
| scy | lcm | | | | | | scy lcm |
| | | 65 | | 11/ 12 400 fr relay | | 66 | |
| | | 67 | | 8 & under 100 fr relay | | 68 | |
| | | 69 | | 10 & under 200 fr relay | | 70 | |

| | | | | | | | | |
|------------------------------|----------|-------|--|---|------|---------------|----------|--|
| | | | | 10 minute break | | | | |
| 2.18.89 | 2.38.49 | 71 | | 11/12 200 fr | 72 | 2.16.89 | 2.36.19 | |
| 50.69 | xxxx | 73 | | 8 & under 50 back | 74 | 50.69 | xxxx | |
| 38.19 | 43.69 | 75 | | 9 - 10 50 back | 76 | 38.49 | 44.19 | |
| 1.13.89 | 1.25.29 | 77 | | 11/12 100 back | 78 | 1.13.09 | 1.23.59 | |
| 2.55.99 | 3.20.59 | 79 | | 9 - 10 200 IM | 80 | 2.55.29 | 3.18.89 | |
| 1.38.59 | xxxx | 81 | | 8 & under 100 free | 82 | 1.38.59 | xxxx | |
| 29.39 | 33.09 | 83 | | 11/12 50 free | 84 | 28.69 | 33.09 | |
| 1.12.39 | 1.21.89 | 85 | | 9 - 10 100 free | 86 | 1.10.79 | 1.20.59 | |
| 54.19 | xxxx | 87 | | 8 & under 50 fly | 88 | 54.19 | xxxx | |
| 37.29 | 42.09 | 89 | | 9 - 10 50 fly | 90 | 36.69 | 40.99 | |
| 1.14.09 | xxxx | 91 | | 11/12 100 IM | 92 | 1.12.79 | xxxx | |
| Sunday PM Session | | | | | | | | |
| warm up: not before 12:00 pm | | | | | | | | |
| | | | | | | | | |
| time standard | | girls | | event | boys | time standard | | |
| scy | lcm | | | | | scy | lcm | |
| 26.69 | 30.59 | 93 | | senior 50 free | 94 | 25.49 | 29.39 | |
| 27.19 | 31.09 | 95 | | 13 - 14 50 free | 96 | 26.59 | 30.69 | |
| 2.21.19 | 2.37.79 | 97 | | senior 200 fly | 98 | 2.14.59 | 2.32.19 | |
| 2.22.39 | 2.42.49 | 99 | | 13 - 14 200 fly | 100 | 2.22.29 | 2.41.59 | |
| 2.19.79 | 2.40.29 | 101 | | senior 200 back | 102 | 2.12.69 | 2.34.89 | |
| 2.23.39 | 2.44.89 | 103 | | 13 - 14 200 back | 104 | 2.19.49 | 2.42.09 | |
| 2.05.09 | 2.22.29 | 105 | | senior 200 free | 106 | 2.00.79 | 2.19.19 | |
| 2.07.89 | 2.25.49 | 107 | | 13 - 14 200 free | 108 | 2.06.69 | 2.24.99 | |
| 2.38.39 | 3.00.59 | 109 | | senior 200 breast | 110 | 2.30.09 | 2.54.29 | |
| 2.40.99 | 3.03.99 | 111 | | 13 - 14 200 breast | 112 | 2.36.29 | 3.02.39 | |
| | | | | ten minute break | | | | |
| | | 113 | | senior 400 free relay | 114 | | | |
| | | 115 | | 13 - 14 400 free relay | 116 | | | |
| | | | | 15 minute warm up period | | | | |
| 18.35.59 | 18.58.36 | 117 | | **senior 1650 free | 118 | 18.00.99 | 18.34.49 | |
| | | | | (** will be swum after the relays, fastest to slowest, to its conclusion. Swimmers must provide their own timers - positive check in) | | | | |

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