

2009 Nike Challenge

Hosted by the Waukesha Express Swim Team

Order of Events

Friday -- PM (Timed Finals)

Warm-ups will run from 4:30-5:30 p.m. The meet will start at 5:35 p.m.

Women	(LCM)	(SCY)	Event	(SCY)	(LCM)	Men
1	5:12.19	5:48.39	Senior 500 Freestyle	5:25.29	4:53.29	2
3	5:16.59	5:52.99	13 - 14 500 Freestyle	5:39.39	5:05.59	4
5	5:32.39	6:09.29	11 - 12 500 Freestyle	6:04.69	5:29.19	6
7	3:47.29	3:19.39	10 & U 200 I.M.	3:18.09	3:44.79	8
9	5:56.59	5:14.09	Senior 400 I.M.	4:49.09	5:29.99	10
11	6:02.29	5:19.59	13 - 14 400 I.M.	5:02.39	5:46.19	12

Saturday -- AM Session (Prelims)

Prelims: Warm-ups 7:00-8:10 a.m. Meet starts at 8:15 a.m. Finals: Warm-ups not before 4:30 p.m. Meet starts 1 hour later.

13	2:45.29	2:25.39	13 - 14 200 Freestyle	2:16.29	2:37.09	14
15	2:41.89	2:22.39	Senior 200 Freestyle	2:10.89	2:30.49	16
17	1:23.69	1:13.79	13 - 14 100 Butterfly	1:08.69	1:17.99	18
19	1:22.19	1:12.39	Senior 100 Butterfly	1:05.59	1:14.79	20
21	3:27.99	3:01.99	13 - 14 200 Breaststroke	2:49.39	3:17.59	22
23	3:24.19	2:58.39	Senior 200 Breaststroke	2:42.59	3:08.79	24
25	35.49	30.99	13 - 14 50 Freestyle	28.79	33.19	26
27	34.99	30.49	Senior 50 Freestyle	27.49	31.79	28
29	1:26.79	1:14.39	13 - 14 100 Backstroke	1:10.29	1:21.29	30
31	1:24.79	1:13.29	Senior 100 Backstroke	1:06.39	1:17.59	32

5 - 10 minute warm-up break

33			Senior 400 Medley Relay			34
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Saturday -- PM Session

35	2:52.39	2:31.79	11 - 12 200 Freestyle	2:27.99	2:48.69	36
37	1:56.19	1:42.09	10 & U 100 Butterfly	1:40.59	1:53.99	38
39	3:17.79	2:52.99	11 - 12 200 Butterfly	2:51.49	3:15.89	40
41	54.89	47.79	10 & U 50 Breaststroke	48.19	55.09	42
43	45.59	41.09	11 - 12 50 Breaststroke	41.09	47.09	44
45	40.89	36.19	10 & U 50 Freestyle	35.59	40.39	46
47	36.39	32.19	11 - 12 50 Freestyle	30.99	35.69	48
49	1:48.89	1:33.99	10 & U 100 Backstroke	1:32.49	1:46.09	50
51	1:34.39	1:21.89	11 - 12 100 Backstroke	1:19.09	1:31.39	52

5 - 10 minute warm-up break

53			10 & U 200 Medley Relay			54
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55			11 - 12 200 Medley Relay			55
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Sunday -- AM Session

57	3:06.79	2:43.89	13 - 14 200 I.M.	2:33.69	2:56.39	58
59	3:02.09	2:40.69	Senior 200 I.M.	2:26.99	2:50.19	60
61	1:36.59	1:24.49	13 - 14 100 Breaststroke	1:18.39	1:30.49	62
63	1:34.99	1:22.69	Senior 100 Breaststroke	1:14.99	1:27.29	64
65	3:05.69	2:39.59	13 - 14 200 Backstroke	2:31.09	2:55.09	66
67	3:01.29	2:37.99	Senior 200 Backstroke	2:23.69	2:47.19	68
69	1:16.99	1:07.39	13 - 14 100 Freestyle	1:02.89	1:12.19	70
71	1:15.59	1:06.19	Senior 100 Freestyle	59.99	1:09.39	72
73	3:03.59	2:40.99	13 - 14 200 Butterfly	2:32.59	2:53.29	74
75	2:58.39	2:38.79	Senior 200 Butterfly	2:25.59	2:44.89	76

5 - 10 minute warm-up break

77			Senior 400 Free Relay			78
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Order of Events

Sunday -- PM Session

79		1:34.39	10 & U 100 I.M.	1:31.39		80
81	3:15.19	2:51.79	11 - 12 200 I.M.	2:49.69	3:13.89	82
83	2:02.39	1:46.69	10 & U 100 Breaststroke	1:44.79	1:59.79	84
85	1:41.89	1:29.29	11 - 12 100 Breaststroke	1:28.39	1:41.99	86
87	49.89	43.49	10 & U 50 Backstroke	43.89	50.49	88
89	42.49	37.09	11 - 12 50 Backstroke	36.79	42.29	90
91	1:32.99	1:22.09	10 & U 100 Freestyle	1:19.99	1:31.09	92
93	1:20.19	1:08.29	11 - 12 100 Freestyle	1:08.09	1:17.49	94
95	48.59	42.99	10 & U 50 Butterfly	41.99	46.89	96
97	1:30.79	1:20.59	11 - 12 100 Butterfly	1:19.29	1:30.19	98
5 - 10 minute warm-up break						
99			10 & U 200 Free Relay			100
101			11 - 12 200 Free Relay			102

Saturday -- Finals Session

			11 - 12 200 Freestyle			
			13 - 14 200 Freestyle			
			Senior 200 Freestyle			
			11 - 12 200 Butterfly			
			13 - 14 100 Butterfly			
			Senior 100 Butterfly			
			11 - 12 50 Breaststroke			
			13 - 14 200 Breaststroke			
			Senior 200 Breaststroke			
			11 - 12 50 Freestyle			
			13 - 14 50 Freestyle			
			Senior 50 Freestyle			
			11 - 12 100 Backstroke			
			13 - 14 100 Backstroke			
			Senior 100 Backstroke			

*****5 - 10 minute warm-up break*****

Senior 400 Medley Relay

Sunday -- Finals Session

			11 - 12 200 I.M.			
			13 - 14 200 I.M.			
			Senior 200 I.M.			
			11 - 12 100 Breaststroke			
			13 - 14 100 Breaststroke			
			Senior 100 Breaststroke			
			11 - 12 50 Backstroke			
			13 - 14 200 Backstroke			
			Senior 200 Backstroke			
			11 - 12 100 Freestyle			
			13 - 14 100 Freestyle			
			Senior 100 Freestyle			
			11 - 12 100 Butterfly			
			13 - 14 200 Butterfly			
			Senior 200 Butterfly			

*****5 - 10 minute warm-up break*****

Senior 400 Free Relay

