

# 2009 SPEEDO CHAMPIONS SERIES LONG COURSE SWIMMING CHAMPIONSHIPS ORDER OF EVENTS

**Time Standards for Swimmers Registered in the following LSCs: Minnesota,  
Wisconsin, Illinois, Iowa, North Dakota, South Dakota**

WOMEN				WEDNESDAY, JULY 22	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
1	59.79	1:01.19	:53.89	100 Freestyle	:48.99	:55.59	:54.59	2
3	2:46.49	2:51.99	2:29.99	200 Breaststroke	2:17.59	2:38.79	2:32.69	4
Awards for 100 Freestyle and 200 Breaststroke								
5	2:29.29	2:32.39	2:14.49	200 Butterfly	2:01.79	2:18.49	2:15.19	6
+7*	9:32.49	9:41.09	10:54.19	800 Freestyle	10:14.09	9:12.09	8:57.29	*8+
Awards for 200 Butterfly and 800 Freestyle								

WOMEN				THURSDAY, JULY 23	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
9	2:09.69	2:12.39	1:56.79	200 Freestyle	1:46.39	2:02.09	1:59.09	10
11	5:12.09	5:20.99	4:40.89	400 Individual Medley	4:21.99	4:59.99	4:51.89	12
Awards for 200 Freestyle and 400 Individual Medley								
13	1:06.89	1:09.99	1:00.29	100 Backstroke	:55.79	1:04.29	1:01.89	14
<b>10 MINUTE BREAK</b>								
+15	4:09.19	4:14.09	3:44.49	400 Freestyle Relay	3:23.69	3:51.99	3:46.09	16+
Awards for 100 Backstroke and 400 Freestyle Relay								

WOMEN				FRIDAY, JULY 24	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
17	2:26.69	2:31.79	2:12.19	200 Backstroke	2:01.69	2:20.39	2:15.09	18
19	4:32.89	4:38.59	5:12.19	400 Freestyle	4:52.29	4:24.79	4:15.79	20
Awards for 200 Backstroke and 400 Freestyle								
21	1:16.29	1:19.39	1:08.69	100 Breaststroke	1:02.29	1:12.09	1:09.09	22
23	1:06.09	1:07.79	:59.59	100 Butterfly	:54.09	1:01.39	1:00.49	24
<b>10 MINUTE BREAK</b>								
+25*	9:01.99	9:14.09	8:07.99	800 Freestyle Relay	7:28.29	8:29.79	8:17.89	*26+
Awards for 100 Breaststroke, 100 Butterfly, and 800 Freestyle Relay								

WOMEN				SATURDAY, JULY 25	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
27	2:27.49	2:30.99	2:12.89	200 Individual Medley	2:01.39	2:18.99	2:14.69	28
+29*	18:21.59	18:43.69	18:14.99	1500 Freestyle				
30	:27.69	:28.19	:24.99	50 Freestyle	:22.39	:25.49	:25.09	31
				1500 Freestyle	17:12.19	17:41.79	17:18.39	*32+
Awards for 200 Individual Medley, 1500 Freestyle, and 50 Freestyle								
<b>10 MINUTE BREAK</b>								
+33	4:32.69	4:44.99	4:05.69	400 Medley Relay	3:47.09	4:22.99	4:12.09	34+
Awards for 400 Medley Relay Team Awards Presentation								

\* Swum at the end of prelims fastest to slowest alternating women/men  
+ Timed Finals, positive check-in is required