



LONG ISLAND AQUATIC CLUB

Presents

The SPEEDO Long Island Challenge

April 22-24, 2016

To be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York

FRIDAY APRIL 22, 2015

SESSION I

Senior Distance Timed Finals

WARM-UP 4:30 PM START 5:30PM

WOMEN	STANDARD	EVENT	STANDARD	MEN
1	9:44.09	*800 Free		
		*1500 Free	17:37.29	2

*800/1500 Free Limited to 4 Heats. The event will be swum fast to slow alternating Women/Men.

SESSION II

SATURDAY APRIL 23, 2016

WARM-UP 7:30AM START 8:30AM

SESSION V

SUNDAY APRIL 24, 2016

WARM-UP 7:30AM START 8:30AM

WOMEN	Standard	SENIOR EVENTS	Standard	Men	WOMEN	Standard	EVENT	Standard	Men
3	2:30.89	200 Fly	2:20.59	4	45	1:08.19	100 Fly	1:03.79	46
5	1:10.49	100 Back	1:05.49	6	47	2:16.39	200 Free	2:07.29	48
7	2:52.49	200 Breast	2:41.89	8	49	1:21.89	100 Breast	1:14.49	50
9	1:05.49	100 Free	58.69	10	51	29.69	50 Free	26.89	52
11	2:34.79	200 IM	2:22.79	12	53	2:32.89	200 Back	2:21.99	54
13	4:45.19	400 Free	4:32.19	14	55	5:26.79	400 IM	5:03.39	56
15	NT	*400 Medley Relay	NT	16	57	NT	*400 Free Relay	NT	58

*Top 20 Relays will be swum at Finals

SESSION III 14&Under Timed Final

SATURDAY April 23, 2016

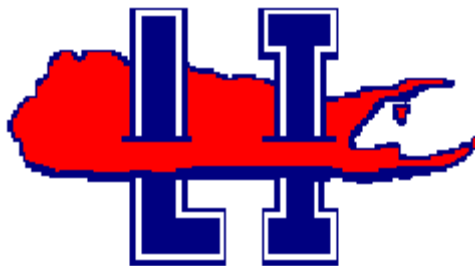
WARM-UP 12:30PM START 1:30PM

SESSION VI 14&U Timed Final

SUNDAY April 24, 2016

WARM-UP 12:30PM START 1:30PM

WOMEN	Standard	EVENT	Standard	Men	WOMEN	Standard	EVENT	Standard	Men
17	2:29.29	13-14 200 Free	2:21.99	18	59	2:58.89	11-12 200 IM	2:56.59	60
19	2:59.29	11-12 200 fly	2:54.49	20	61	1:21.19	10&U 100 Free	1:20.39	62
21	2:58.39	10&U 200 Free	2:51.89	22	63	3:10.89	13-14200breast	3:00.19	64
23	1:28.19	13-14 100 breast	1:21.29	24	65	35.79	11-12 50 Fly	35.89	66
25	1:33.79	11-12 100 breast	1:31.69	26	67	41.49	10&U 50 Fly	40.89	68
27	1:46.49	10&U 100 breast	1:45.79	28	69	1:15.69	13-14 100 Fly	1:10.39	70
29	32.19	13-14 50 free	29.49	30	71	1:23.29	11-12 100 Back	1:22.49	72
31	33.39	11-12 50 free	32.49	32	73	1:35.19	10&U100 Back	1:31.69	74
33	36.29	10&U 50 free	35.69	34	75	2:50.99	13-14 200 IM	2:40.99	76
35	2:45.69	13-14 200 fly	2:36.59	36	77	2:37.59	11-12 200 Free	2:33.69	78
37	38.49	11-12 50 back	37.99	38	79	1:17.19	13-14 100 back	1:13.59	80
39	43.49	10&U 50 back	43.29	40	81	48.09	10&U50Breast	48.19	82
41	2:45.69	13-14 200 back	2:37.69	42	83	42.09	11-1250Breast	41.99	84
43	3:18.49	10&U 200 IM	3:17.49	44	85	1:09.69	13-14 100 Free	1:05.29	86
87	NT	11-12 200 Medley Relay	NT	88	91	NT	11-12 200 Free Relay	NT	91
89	NT	13-14 200 Medley Relay	NT	90	93	NT	13-14 200 Free Relay	NT	94



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SESSION IV Senior Finals

SATURDAY APRIL 23, 2016

WARM-UP 5:30PM START 6:30PM

SESSION VII Senior Finals

SUNDAY APRIL 24, 2016

WARM-UP 5:30PM START 6:30PM

WOMEN	EVENT	Men		WOMEN	EVENT	Men
3	Senior 200 Fly	4		45	Senior 100 Fly	46
5	Senior 100 Back	6		47	Senior 200 Free	48
7	Senior 200 Breast	8		49	Senior 100 Breast	50
9	Senior 100 Free	10		51	Senior 50 Free	52
11	Senior 200 IM	12		53	Senior 200 Back	54
13	Senior 400 Free	14		55	Senior 400 IM	56
15	Senior 400 Medley Relay	16		57	Senior 400 Free Relay	58

Finals will be swum in the following order: C, B, A.